

FOSTERING HEALTHY RELATIONSHIPS

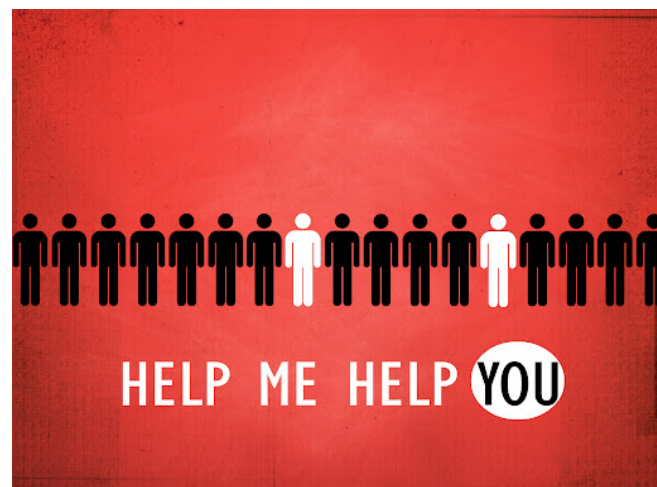
- **Good communication:** speak honestly and openly. Respect the needs of others.
- **Anger control:** learn to control your emotions first. Some ways to help yourself cool off before dealing with what is making you angry are: take deep breaths, count to ten, or take a walk.
- **Fighting fair:** stay focused on the root of the argument and avoid insults. Both people can take a short break from each other if the discussion gets too heated.
- **Problem solving:** work together to break down the problem and identify solutions.
- **Understanding:** taking time to recognize what the other person might be feeling.
- **Self-confidence:** having confidence in yourself can help your relationships with others.
- **Being a role model:** demonstrate and educate what respect means to inspire each other, friends, and family to behave in a respectful way.



How to communicate your needs in 4 steps within a relationship:

When done successfully these steps can benefit both parties in the relationship whether it be with a family member, partner or a friend.

1. Describe the situation from your perspective:
For example, “when we are out to eat I notice you’re on your phone”
2. Identify how the situation makes you feel: Let them know how their actions make you feel, “when you are own your phone it makes me feel unimportant”, be sure to include “I” statements to avoid pointing fingers
3. State what you need: Let them know how they can help you, “I need eye contact or acknowledgement to what I am saying to feel important.”

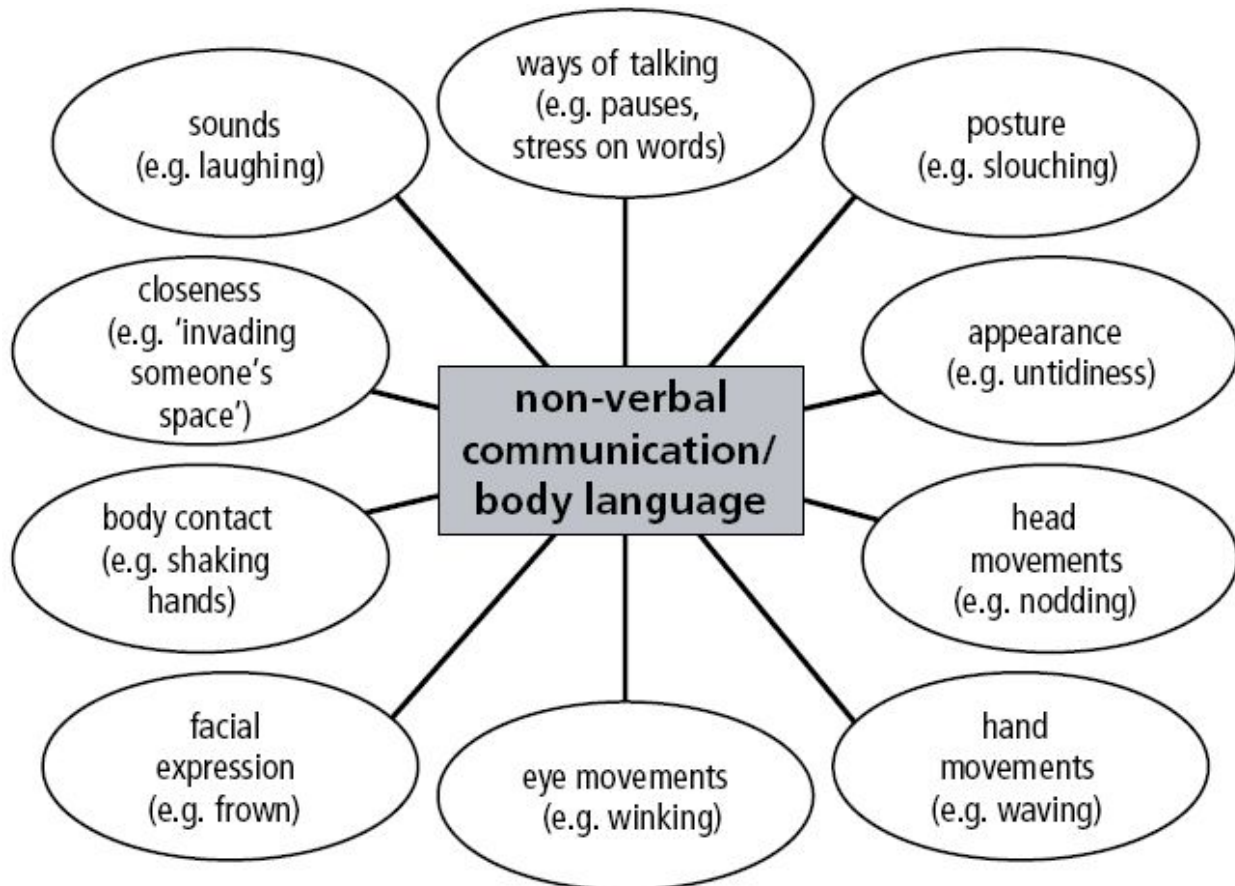


4. Make a specific request: Offer a solution to the situation, attempting to avoid it from happening again. For example, “When we are out to eat I need you to put your phone down while we are talking”

Effective Communication Skills and Strategies

- Be Mindful
- Always stay in the moment while examining your actions and thoughts
- Practice Active Listening
- Speak Clearly and with Clarity
- Seek Understanding
- Use “I” Statements
- Ask Open-Ended Questions
- Validate Feelings

NON-VERBAL COMMUNICATION USES BODY LANGUAGE TO SEND CUES



VOICING OUR NEEDS DURING TIMES OF STRESS

@HOLISTICALLYGRACE

JUDGEMENT/SHAME

ALL YOU DO IS SIT AND SCROLL ON YOUR PHONE

YOU NEVER HELP WITH ANYTHING

IT'S ALWAYS ABOUT WHAT YOU WANT TO DO

I CAN'T COUNT ON YOU FOR ANYTHING

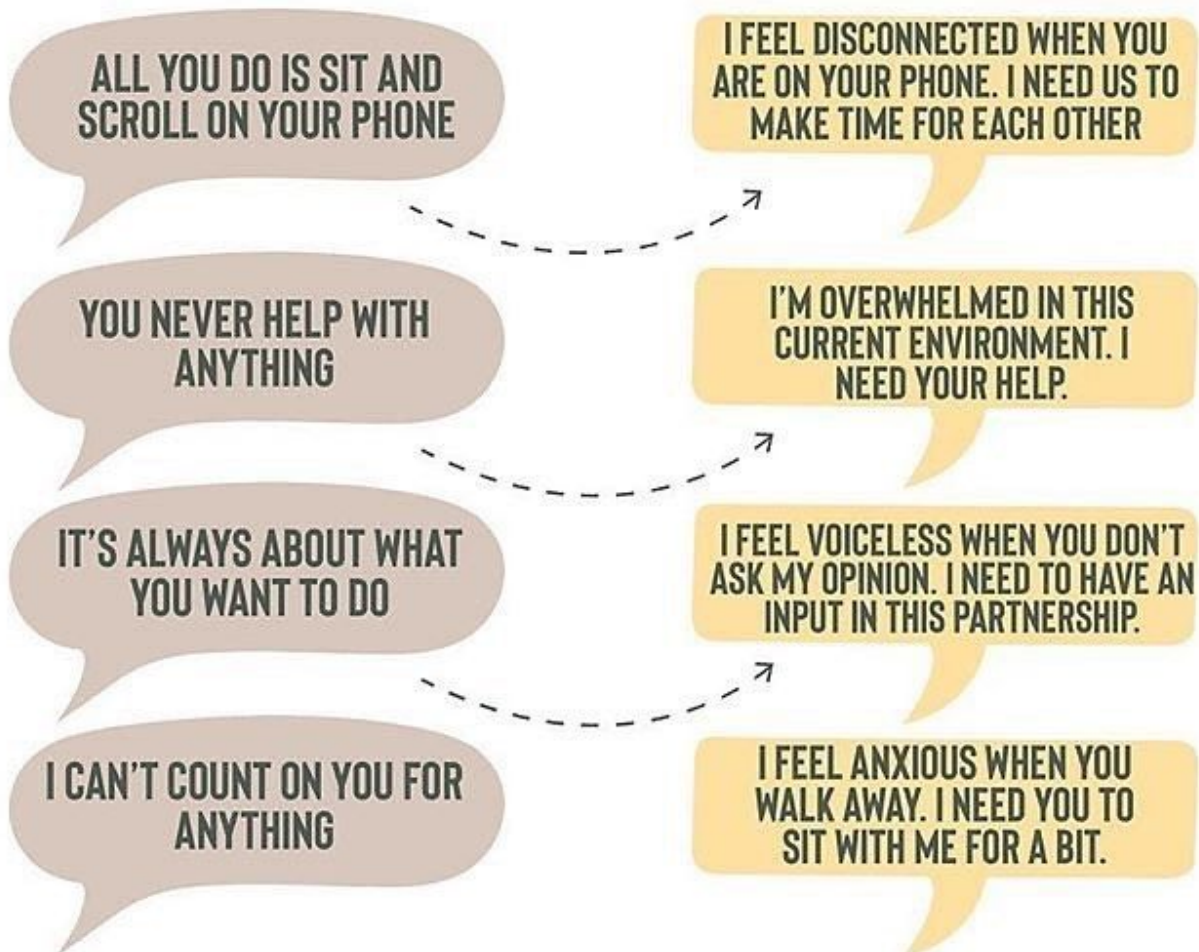
EMOTIONS/NEEDS

I FEEL DISCONNECTED WHEN YOU ARE ON YOUR PHONE. I NEED US TO MAKE TIME FOR EACH OTHER

I'M OVERWHELMED IN THIS CURRENT ENVIRONMENT. I NEED YOUR HELP.

I FEEL VOICELESS WHEN YOU DON'T ASK MY OPINION. I NEED TO HAVE AN INPUT IN THIS PARTNERSHIP.

I FEEL ANXIOUS WHEN YOU WALK AWAY. I NEED YOU TO SIT WITH ME FOR A BIT.



Tips and Resources:

Blog:

<https://www.joinonelove.org/learn/5-easy-ways-to-communicate-better-in-your-relationships/>

Scholarly Article:

<https://www.aaii.org/Papers/Symposia/Fall/1999/FS-99-03/FS99-03-017.pdf>

Book (available on Amazon):

<https://www.amazon.com/Soft-Skills-Tough-Issues-Interpersonal/dp/1436328780>

Interpersonal Skills



References

Soller, Amy. What Makes Peer Interaction Effective? Modeling Effective Communication in an Intelligent CSCL. AAAL, 2000,
<https://www.aaai.org/Papers/Symposia/Fall/1999/FS-99-03/FS99-03-017.pdf>.

“What Are Interpersonal Skills?” *Expert Program Management*, 10 June 2019,
<https://expertprogrammanagement.com/interpersonal-skills/>.