Healthy Relationships

When a relationship is healthy, it brings happiness to our lives. Many studies show that when a person is happy and surrounded by healthy relationships, they are healthier and experience less stress. Although each relationship is different, there are basic elements that keep each one healthy. These characteristics can be applied to any relationship, including: partners, parents, siblings, roommates, and even professors!

- **Keep your expectations realistic.** No one is perfect, accept yourself and others for who they are.
- **Talk.** Communication is the foundation for any healthy relationship. Please do not forget to listen, too!
- **Be flexible.** Change and growth are expected.
- **Take care of yourself.** We often give to others more often than we remember to meet our own needs.
- **Be dependable.** Follow through, be a person of your word, accept responsibility for your actions, be trustworthy, and trust others.
- **Fight fair.** All relationships experience conflict from time to time. Be respectful, choose your words carefully, and remember that giving yourself or someone else a little space can be a good thing.
- **Show emotion.** Share your thoughts, feelings, and emotions with the people you care about.
- **Balance.** Balance time with friends and loved ones. Balance school work with social activities. Be careful not to overload yourself and remember to try new things. Have fun!
- **Relationships take effort.** Some relationships require more effort than others. Be sure to give each relationship the attention it needs and know that relationships develop with time.
- **Be yourself.** It’s much easier and more fun to just be yourself. If you’re fake, it catches up with you eventually!

Source: www.k-state.edu/counseling/topics/relationships/reltn.html

Unhealthy Relationships

If someone acts controlling, aggressive, coercive, or violent — that’s abuse. A relationship can be abusive even if there is no physical violence. Abuse can be verbal, emotional, sexual, and/or physical. Just because there aren’t any bruises doesn’t mean abuse isn’t taking place.

Take this brief unhealthy relationship quiz—it may help put your relationship into perspective...

My partner:

- Calls/texts me to get the “who, where, what..” details frequently
- Calls me names, insults, or criticizes me
- Acts jealous, possessive, or controlling
- Threatens me
- Threatens to hurt themselves
- Follows me or tracks where I go
- Refuses to allow me to talk to friends/family
- Shoves, hits, punches, slaps, kicks, or hits me
- Forces me to have sex when I don’t want to
- Gives me orders

If you can answer yes to any or all of the above, it may be a sign that you and your partner are in an unhealthy or dangerous relationship.

If you feel that you need to talk to someone about your relationship, there are resources to help.

**University Counseling Center**

UCC provides time-limited and group therapy for individuals and couples as well as 24 hour crisis services for members of the UR community that pay the mandatory health fee.

Call: **585.275.3113** to make an appointment

**Alternatives for Battered Women**

ABW is a local Rochester resource that provides domestic violence support and services to anyone, male or female.

Call: **585.232.7353** 24 hours a day