



Building Healthy Relationships

Christine Gutierrez, AMFT

DISCUSSION QUESTIONS

- HOW DO WE FORM RELATIONSHIPS?
- WHAT DO YOU CONSIDER CHARACTERISTICS OF A HEALTHY RELATIONSHIP/ UNHEALTHY RELATIONSHIP?
- WHAT ARE BOUNDARIES? HOW DO YOU SET HEALTHY BOUNDARIES?
- WHAT ARE HEALTHY WAYS OF COMMUNICATING WITH OTHERS?
- WHAT ARE WAYS WE CAN DEMONSTRATE EMPATHY AND COMPASSION IN OUR RELATIONSHIPS?

TYPES OF RELATIONSHIPS



FAMILY RELATIONSHIPS

Family relationships can look different for everyone. Examples of this type of relationship could be:

parents/guardians	siblings
grandparents	cousins
aunts/uncles	children



FRIEND RELATIONSHIPS

Friends are people we like to be around. They may be people who have similar interests, people you met at school, or someone who lives nearby. Friends may change over time because we change.



ROMANTIC RELATIONSHIPS

Romantic relationships involve people who are attracted to each other emotionally and/or sexually. These relationships also look different from person-to-person.



SCHOOL RELATIONSHIPS

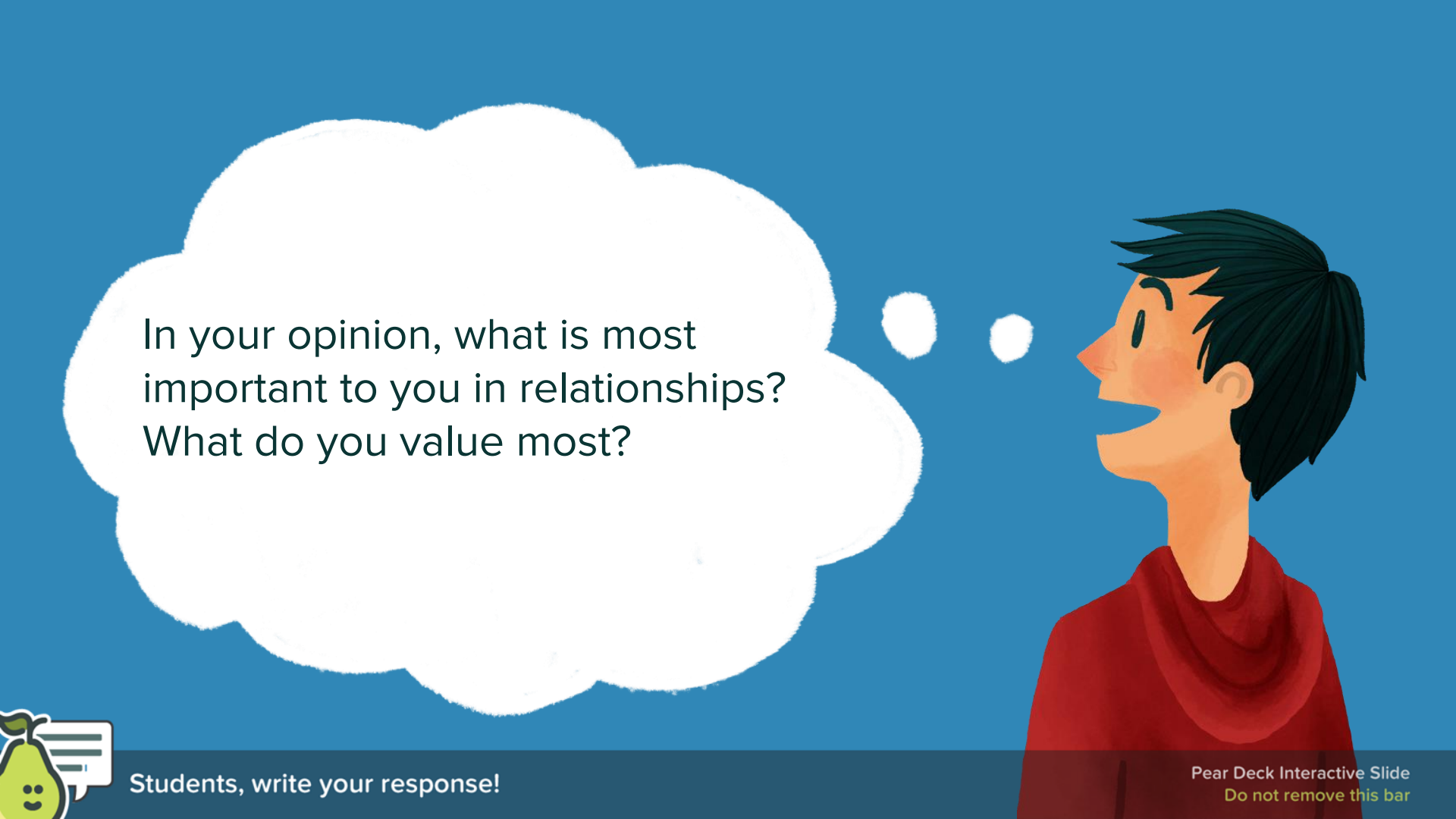
School relationships are with those you interact with at school. For example:

Classmates	School Counselor
Teachers	Administrators
Principles	Nurses



MISCELLANEOUS RELATIONSHIPS

Miscellaneous relationships are the relationships that don't fit into the categories above. These may be relationships with people you know, but do not have an emotional connection with.



In your opinion, what is most important to you in relationships?
What do you value most?



Students, write your response!

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WHAT TEENS THINK ABOUT: RELATIONSHIPS

RESPECT
ACCEPTANCE
TRUST
PATIENCE
CARING
COMMUNICATION
COMFORTABLE
ENCOURAGEMENT
LAUGHTER
BOUNDARIES
EXPRESS
HEALTHY
COLLABORATE
UNDERSTAND
CONSIDERATE
RELATIONSHIPS
LOVE
APPRECIATION
VALIDATION
VALUE
LISTEN
EMPOWERING





What do you consider
to be unhealthy?



Students, write your response!

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Healthy vs. Unhealthy

- Mutual respect
- Trust
- Honesty
- Compromise
- Individuality
- Good communication
- Anger control
- Fighting fair
- Problem solving
- Understanding
- Self-confidence
- Being a role model

- Control
- Hostility
- Dishonesty
- Disrespect
- Dependence
- Intimidation
- Possessiveness
- Isolation from friends & family
- Violence
- Abuse (physical, emotional, sexual)

Real friends



They call you simply because they miss you

Toxic friends



They only find you when they need your help

Real friends



They know everyone has different types of friends and won't judge

Toxic friends



They don't like your other friends

Real friends



They eagerly suggest how to celebrate your success

Toxic friends



They get jealous of your achievement

FRIENDSHIPS

Healthy

✓ Supportive

✓ Stands behind you

✓ Encourages you to grow

✓ Pushes you outside of your comfort zone

✓ Transparent and Honest

Unhealthy

✗ Blindly supportive

✗ Fights your battles for you

✗ Criticizes or judges

✗ Pressures you to do something you don't want to do

✗ Manipulative and Deceitful

WHY ARE BOUNDARIES IMPORTANT?

“

When we fail to set boundaries and hold people accountable, we feel used and mistreated. This is why we sometimes attack who they are, which is far more hurtful than addressing a behavior or a choice.

Dr. Brené Brown,

”

If your partner is violating the boundaries that you've established,

then they aren't showing you the respect that you deserve.

love is respect

- Actions we consider acceptable & not acceptable
- Know your own personal boundaries
 - It's ok to say what bothers, provokes, or hurts you
- Not knowing your own boundaries can lead to hurt feelings, confusion, frustration, & pain
- Respect the boundaries of those around us

Establishing Boundaries



What could you say if someone is pushing your buttons?




Students, write your response!

9 Healthy Ways To SAY NO

*Saying 'No' does not have to be disrespectful or feel uncomfortable.
When you gain confidence, saying 'No' feels empowering!*

- 01** I am not comfortable with that.
- 02** I have another commitment.
- 03** Some things have come up that need my attention.
- 04** I know of someone who could help you.
- 05** I need to focus on myself / my personal life / my career.
- 06** I know you will do a wonderful job yourself.
- 07** I am not qualified for that job.
- 08** Not right now, but I can do it later.
- 09** **NO!**



In your opinion, why
is communication
important?

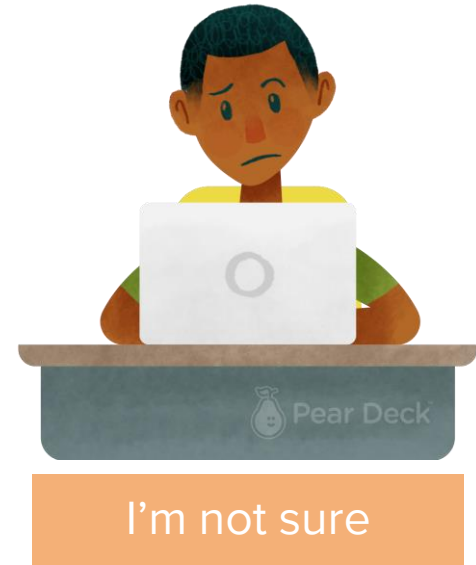
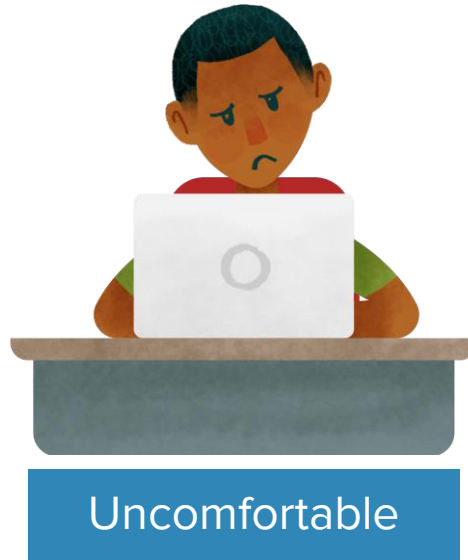
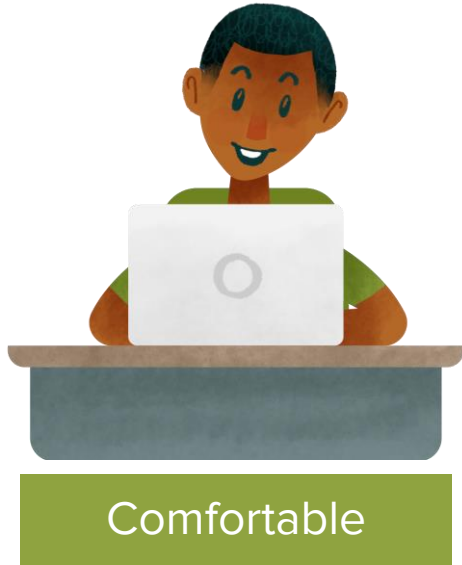


Students, write your response!

COMMUNICATION

- Communicating our **wants & needs** (thoughts, opinions, wishes & feelings) is important for our survival;
- Professional benefits
 - Fewer mistakes & misunderstandings
 - Better workplace/ classroom atmosphere
- Personal Benefits
 - Open & honest relationships
 - “I feel sad that you don’t spend as much time at home” or “I’ve been noticing some changes in your behavior and I’m very worried that something may be bothering you”

How comfortable are you communicating your emotions and/or boundaries?



Students, drag the icon!



COMMUNICATION PRACTICE

- Start with a positive quality or characteristic that is related to the conversation (Ex. - “I value our time together so...”)
- Use **I-statements** (*avoid “You” statements)
 - I **feel** (insert emotion) **when** (insert specific action) **because** (insert short reason). **Next time**, (insert boundary).
- **EXAMPLE:**
 - “I feel unappreciated when you’re late to our lunch dates because I then think I’m not important. Next time, can you call me in advance if you’re running late.”

EMPATHY & COMPASSION

What is empathy?

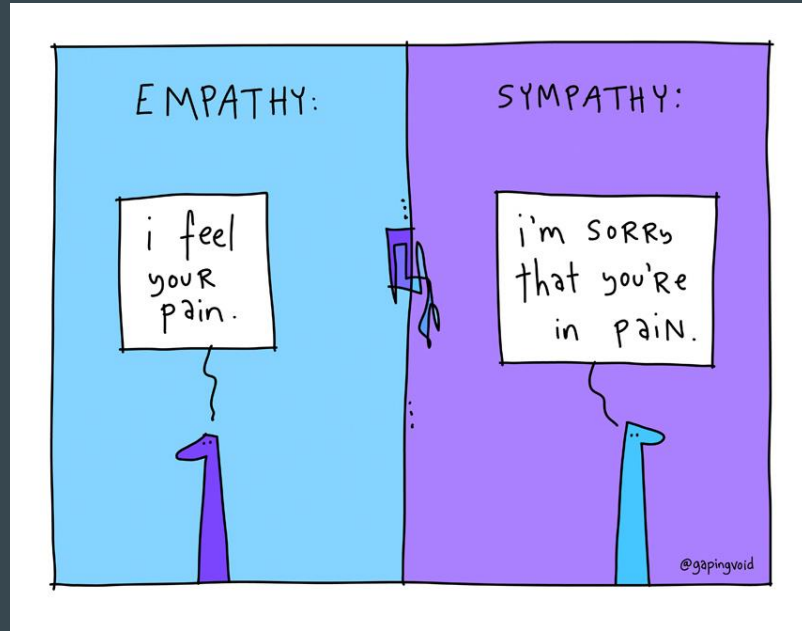
“*Cognitive empathy* is sometimes also referred to as perspective taking,” - Sigal

Emotional empathy is when you do feel the same or similar feelings as the other person, she said.

- you feel happy when your partner is happy
- You feel sad when your friend is sad



Students choose an option



Compassionate empathy “is a balance of positive cognitive and emotional empathy, which prompts us to take action, as needed.”

In other words, “compassionate empathy is more of a whole person response: heart, mind and behavior.”

Tips for Healthier Communication

- **Find the right time**
 - Try to find a time when both people are calm and not distracted, stressed or in a rush
- **Talk face to face**
 - Text messages, letters and emails can be misinterpreted. Talk in person so there aren't any unnecessary miscommunications.
- **Do not attack**
 - Using "you" can sound like you're attacking; person can become defensive and less receptive to your message
- **Be honest**
 - Sometimes the truth hurts, but it's the key to a healthy relationship
- **Check your body language**
 - sit up, face them and make eye contact when speaking; show you're listening & responding
- **Use the 48 hour rule**
 - If you're still hurt 48 hours later, say something. If not, consider forgetting about it.

How to Communicate if You are Angry

- ❖ **Stop** - take a short break before continuing the conversation. Give yourself time to calm down by watching TV, talking to a friend, playing a video game, taking a walk, listening to some music. Taking a break can keep the situation from getting worse.
- ❖ **Think** - After you're no longer upset, **reflect** on the situation and why you got so angry. Figure out the real problem then think about how to explain your feelings.
- ❖ **Talk** - with that person & use I-statements to express your thoughts & feelings.
- ❖ **Listen** - After sharing how you how you feel, remember to stop talking and listen to what they have to say. You both deserve the opportunity to express how you feel in a safe and healthy environment.

TIPS FOR HEALTHY BOUNDARIES

- Know your limits.
 - Before becoming involved in a situation, know what's acceptable to you, and what isn't.
- Know your values.
 - Every person's limits are different, and they're often determined by their personal values. Know what's most important to you, and protect it.
- Listen to your emotions.
 - If you notice feelings of discomfort or resentment, don't bury them. Try to understand what your feelings are telling you. Resentment, for example, can often be traced to feelings of being taken advantage of
- Have self-respect.
 - If you always give in to others, ask if you are showing as much respect to yourself as you show to others.
- Have respect for others.
 - Be sure that your actions are not self-serving, at the expense of others. Interactions should not be about winning, or taking as much as possible. Instead, consider what's fair to everyone.
- Be assertive.
 - When you know it's time to set a boundary, don't be shy. Say "no" respectfully,
- Consider the long view.
 - Some days you will give more than you take, and other days you will take more than you give. Be willing to take a longer view of relationships, when appropriate. But if you're always the one who's giving or taking, there might be a problem.

<https://www.therapistaid.com/therapy-worksheet/healthy-boundaries-tips>

RELATIONSHIP CONFLICT RESOLUTION

Put a green dot over a method you've tried to resolve conflict



An infographic titled "Conflict Resolution Skills" on a light purple background. It features seven icons with corresponding labels: a raised hand for "Assertiveness", a handshake for "Mediation", a person's head for "Empathy", a speech bubble with "Let's Talk" for "Facilitation", a puzzle piece for "Creative problem-solving", a person in a suit for "Accountability", and headphones with a microphone for "Interviewing & active listening". At the bottom left, there is a small green pear icon and a cursor arrow pointing to a red dot on a grid. Below this, the text "Students, drag the icon!" is displayed next to a green dot.

Assertiveness

Mediation

Empathy

Facilitation

Conflict Resolution Skills

Interviewing & active listening

Creative problem-solving

Accountability

Students, drag the icon!



Resources

NEED TO VENT?
we got you

teen line
teens helping teens

OUR TRAINED TEEN VOLUNTEERS
ARE AVAILABLE VIA PHONE CALL,
TEXT MESSAGE &
EMAIL EVERY NIGHT

CALL (800) 852-8336 FROM 6PM - 10PM PST
TEXT 'TEEN' TO 839863 FROM 6PM - 9PM PST
EMAIL US AT:
[HTTPS://TEENLINEONLINE.ORG/TALK-NOW/](https://teenlineonline.org/talk-now/)



**IF YOU'RE CONCERNED ABOUT
YOUR ROMANTIC RELATIONSHIP,
YOU ARE NOT ALONE THIS
HOLIDAY SEASON.**

HERE FOR YOU 24/7.

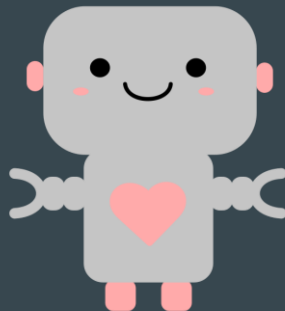


**TEXT: "LOVEIS" TO 22522
CALL: 1 - 866 - 331 - 9474
CHAT: [LOVEISRESPECT.ORG](https://loveisrespect.org)**

**love is
respect.**

<https://teenlineonline.org/>

<https://www.loveisrespect.org/>



*You are deserving of a
healthy, loving
relationship.*



REFERENCES

10 thoughts that can destroy relationships

<https://www.youtube.com/watch?v=4V2tdV-l5Ps>

Characteristics of Healthy & Unhealthy relationships

<https://youth.gov/youth-topics/teen-dating-violence/characteristics>

“The Power of Empathy in Romantic Relationships & How to Enhance It”

<https://psychcentral.com/blog/the-power-of-empathy-in-romantic-relationships-how-to-enhance-it/>

Tips for Healthier Communication

<https://www.loveisrespect.org/healthy-relationships/communicate-better/>