



Healthy Relationships

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Relationships

- **Companionship**
 - Sharing experiences, interests, concerns, showing affection and appreciation.
- **Intimacy**
 - Comfort, honesty, offering comfort, being comforted.
- **Organising a shared life**
 - House, money, social decisions...



What makes a good relationship?

- Communication
- Trust
- Respect



Communication

- More than talking
 - Tone, body language
- Listening
 - Comfortable eye contact
 - Don't interrupt
 - Relaxed posture
 - Avoid distracting movements
 - Turn off your phone
 - Paraphrase and reflect the other person




Open Communication

- Set aside time for you both to talk
- Talk about what is happening and how it affect's you
- Share your feelings and what you are thinking
- Accept responsibility for your own feelings
- Listen to your partner – try to understand their perspective
- state what you need and want
- negotiate



Practice

- Pre- conversation
 - Cool off and calm down
 - Work out what's important
 - Don't make assumptions
 - During the conversation
 - Active listening
 - Make eye contact
 - Express your views
 - Use I statements
 - Understanding another point of view
 - Set ground rules
 - Don't react
 - Be specific
 - Post conversation
 - Keep your end of the agreement
 - Reflect and review
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Trust

- Be honest
- Be reliable, responsible and dependable
- Open and honest communication
- Make sure you feel safe not intimidated or bullied, belittled or hurt.
- Behaviour
 - Second guessing
 - Not believing each other
 - Betrayal – telling a secret
 - Obsessively checking on the other person



Respect

- Accept the differences between each other
- Respect the need for freedom to be themselves
- Make decisions together
- Respect boundaries set by the other
- Encourage time apart
- Freedom to express your own opinions
- No pressure and intimidation



What are the signs your relationship is struggling?

- Stop communicating
- Stop trusting
- Stop respecting



Signs of unhealthy relationships

- Physical assault
- Sexual assault
- Using coercion & threats
- Using intimidation
- Psychological/ emotional/ verbal abuse
- Using children – visitation, access, abandonment
- Using isolation
- Economic abuse



Help & Support

- Newcastle Domestic Violence Resource Centre
49278529
- Domestic Violence Hotline 1800656463
- Family Relationship Advice Line 1800050321
- MensLine Australia 1300789978
- Lifeline 131114

