



# CREATING HEALTHY RELATIONSHIPS

Presented by Military & Family Life Counselors

# RELATIONSHIP STRESSORS RELATED TO MILITARY CAREERS

## WORK

- Stress
- Chain of Command
- Lack of Choices
- PCS-ING

## FAMILY

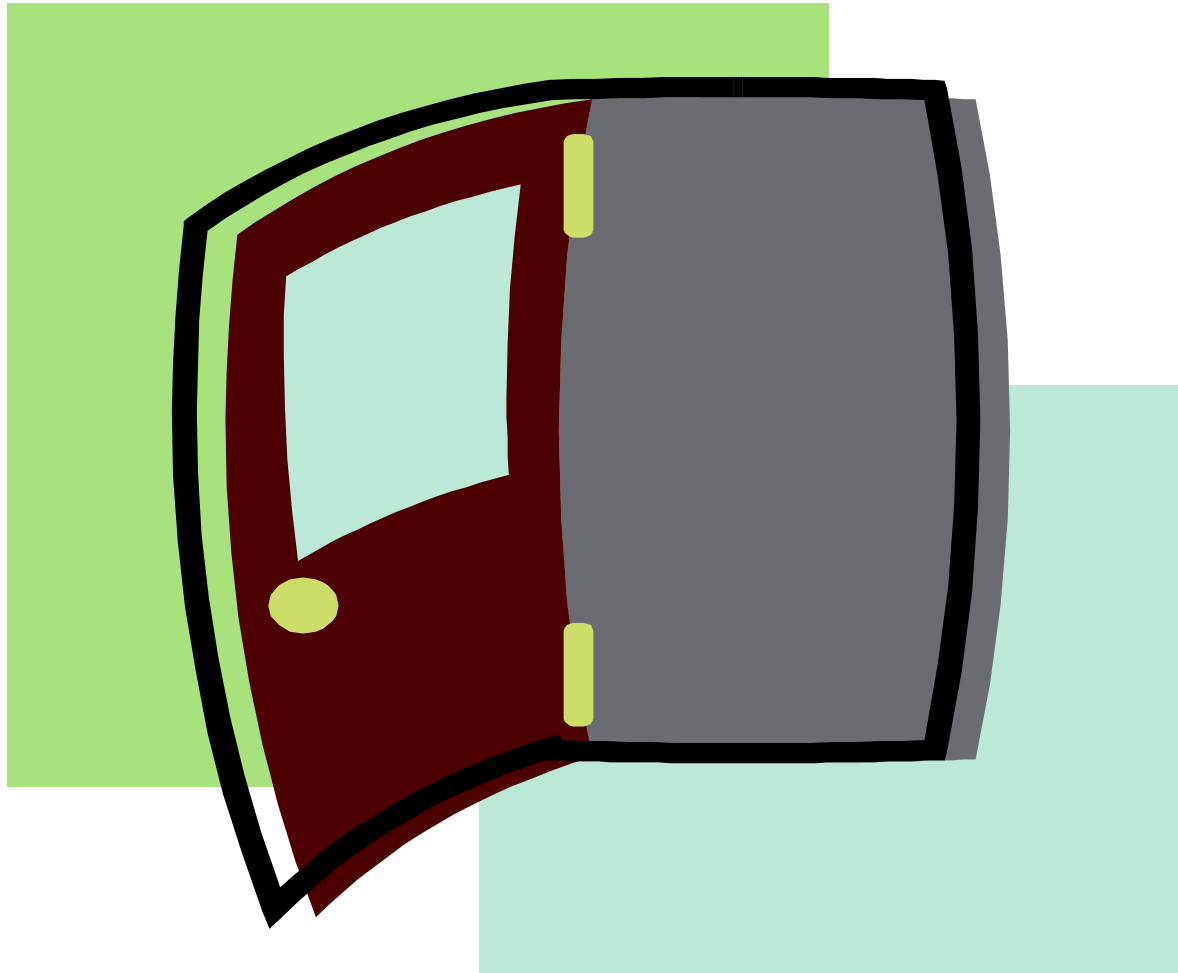
- Household Chores
- \$\$\$
- Deployments
- TDYs
- Spouses' Careers
- No relatives nearby

## KIDS

- Moves
- Separations
- Child Care
- Schools



# WHAT IS YOUR “WORK-TO-HOME” STRATEGY?



# DO YOU HAVE?

- Reasonable expectations of your relationship?
- Reasonable expectations of your spouse?
- Reasonable expectations of your children?

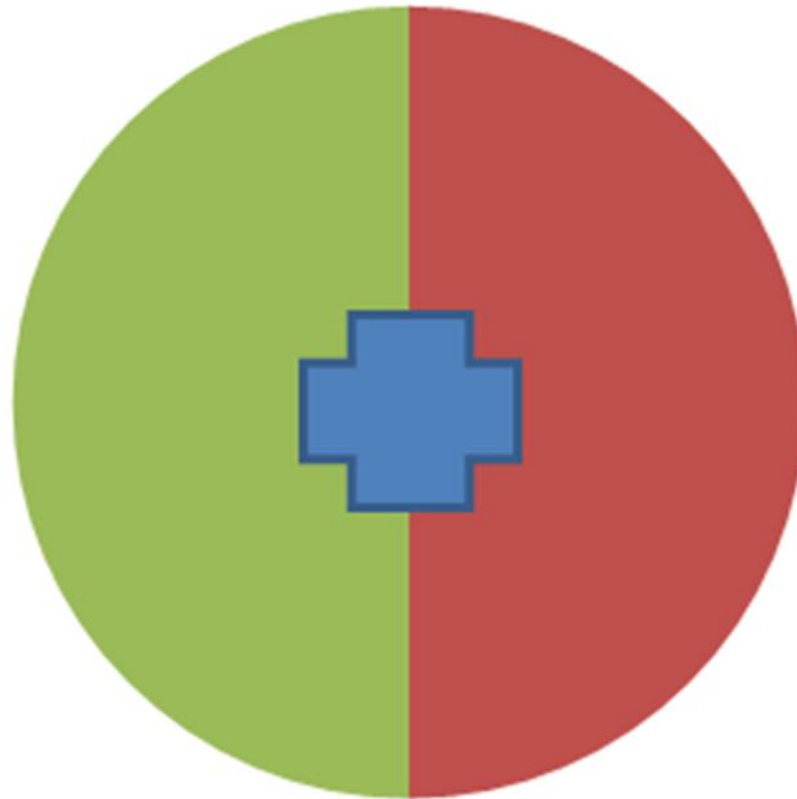


# DO YOU KNOW?

- How to resolve disagreements appropriately?
- The rules of fair fighting?



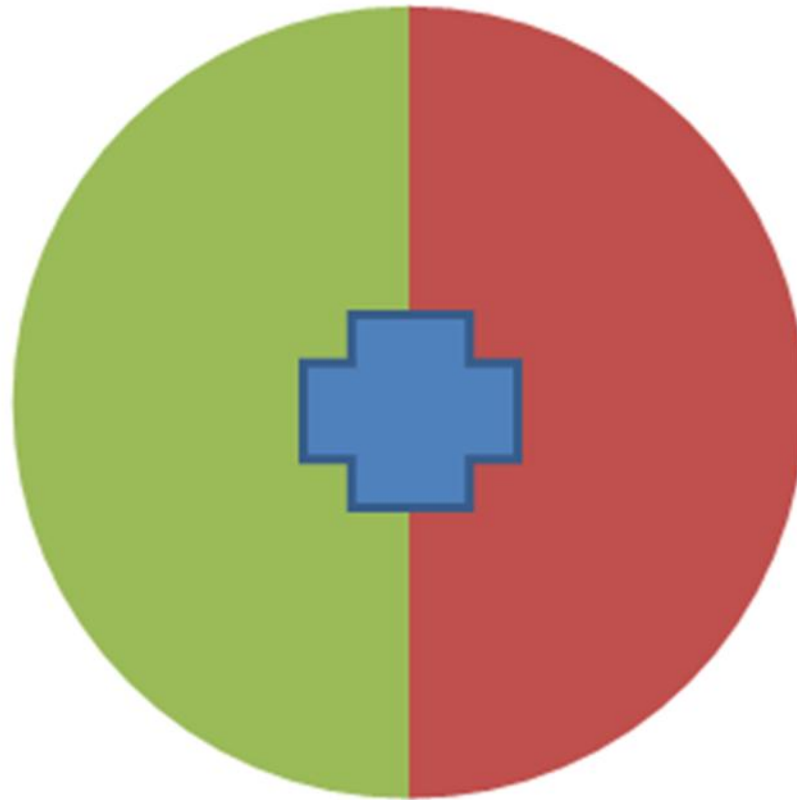
# SETTING REASONABLE EXPECTATIONS FOR YOUR RELATIONSHIP



- One Half
- One Half



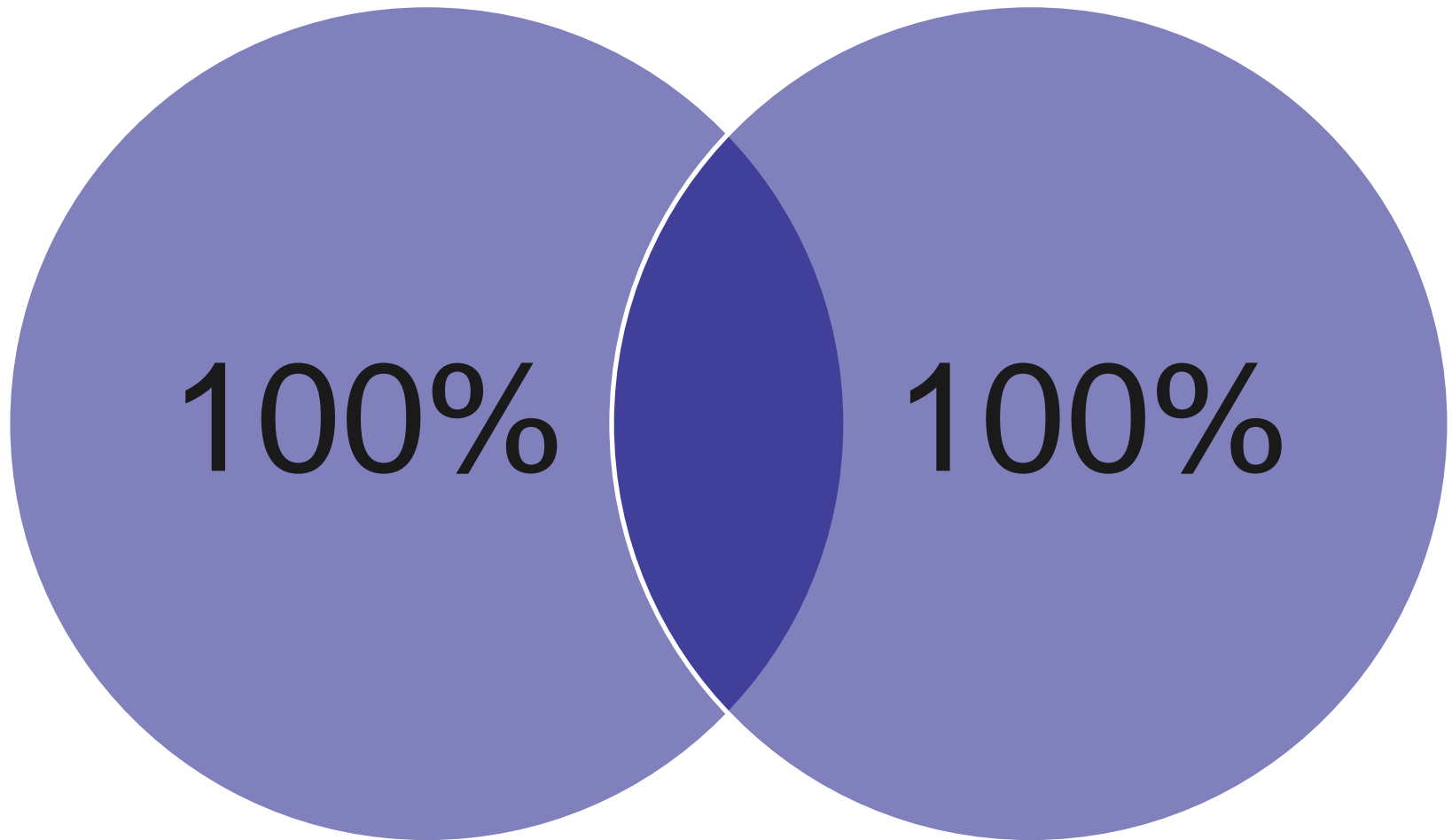
# IN RELATIONSHIPS: TWO HALVES DO NOT MAKE A WHOLE.



- One Half
- One Half



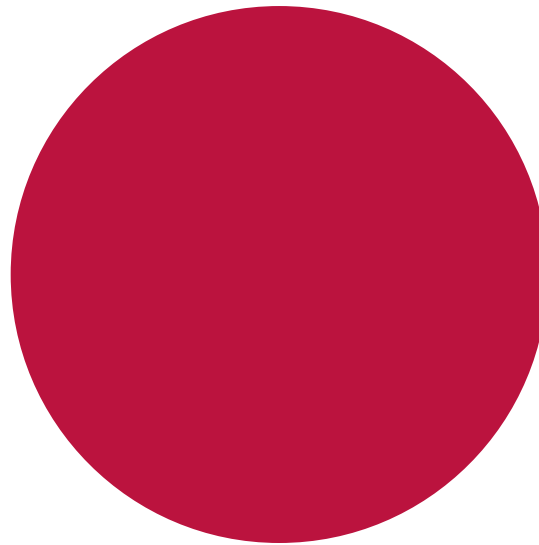
# HEALTHY ADULT RELATIONSHIPS LOOK MORE LIKE THIS DIAGRAM





# ONCE IN AWHILE...

- Partners do move into (or return to) emotionally intimate space.....



- .....where you may feel like “one.”



# THIS FEELING OF “MERGING”....

is a **TEMPORARY** state.

**WHY?**

Because intimacy creates pressure, and we tend to feel vulnerable & exposed.

Therefore, a healthy adult relationship is constantly dynamic --- moving in and out of emotionally intimate space.



# COMMUNICATION

- How do we move in and out of emotionally intimate space?

## COMMUNICATION

- NON-VERBAL
  - VERBAL



# ADULT TO ADULT CONVERSATION

**Sender**

**Receiver**

**SENDER:** When this happens, I feel.....

**RECEIVER:** I heard you say, you feel.....

Is there more???



# YOU MAKE ME FEEL.....

When you start a sentence with a YOU,  
what happens?



# I FEEL LIKE YOU....

- Does this work??



# RULES OF FAIR FIGHTING

- No violence. No threats of violence – explicit or implied.
- No name calling.
- No “hitting below the belt.”
- Stay in present time and discuss one topic at a time.
- No “hit and runs.”



# RULES OF FAIR FIGHTING

- Each party has a right to ask for a time out! BUT – time outs are time-limited. State when you will be back. Keep your commitment.
- When your partner requests a time out, YOU MUST GRANT IT.





# THE FIVE A'S

- ATTENTION
- AFFECTION
- APPRECIATION
- ACCEPTANCE
- ALLOWING



# THE FIVE A'S

- Using the FIVE A's, sit down together and analyze your relationship.....

Are you GIVING ENOUGH?

Are you GETTING ENOUGH?



# BACK TO THE BEGINNING

- Can you re-set your expectations so they are reasonable?
- Can you set aside one hour a week to discuss the state of your relationship?
- Can you intentionally create **FIVE TIMES MORE POSITIVE** experiences than negative?



# BACK TO THE BEGINNING

- Are you willing to practice adult-to-adult communication?
- Are you willing to utilize the ground rules of fair fighting?



# THINKING ABOUT IT NOW...

WHAT IS YOUR  
“WORK-TO-HOME”  
STRATEGY??





**QUESTIONS?**



# RESOURCES

- Military Community Services
- Chaplain and Local Clergy
- Military OneSource (800) 342-9647
- TRICARE [www.Tricare.mil](http://www.Tricare.mil)
- Behavioral Health Services



# REFERENCES

## Internet

- [www.familydigest.com](http://www.familydigest.com)
- [www.relationshipjourney.com](http://www.relationshipjourney.com)

## Books

- Barnett, Doyle. *20 Communication Tips for Couples: A 30-Minute Guide to a Better Relationship*. New World Library.
- Gottman, John M & Silver, Nan. *The Seven Principles for Making Marriage Work*. Three Rivers Press.
- Hendrix, Harville. *Getting the Love You Want*. Owl Books.
- Stone, Douglas, Patton, Bruce, Heen, Sheila, & Fisher, Roger. *Difficult Conversations: How to Discuss What Matters Most*. Penguin, USA.







**THANK YOU**