



HEALTHY RELATIONSHIP SKILLS FOR SINGLES

Presented by Military & Family Life Counselors

OBJECTIVES

- Clarify what you are really looking for in a relationship
- Become aware of your own personal pitfalls in choosing the wrong people
- Understand why she/he may be right – or wrong for you
- Know when you are ready for a long-term relationship



AGENDA

- What's important to you in a dating relationship?
- components of a healthy, loving relationship
- Signs that one or both are not ready for a committed relationship
- Why breaking up can be hard to do
- A few reasons NOT to get married
- Choosing a long term relationship for the right reasons
- Tips for choosing a long term relationship



WHAT'S IMPORTANT TO YOU IN A “DATING” RELATIONSHIP?



LIKING THE PERSON & YOURSELF



- New relationships are uncomplicated but as they mature, they become more complex
- You need to like yourself before you can truly appreciate others



COMPONENTS OF A HEALTHY, LOVING RELATIONSHIP

- Each can enjoy alone time
- Mutual respect for each other's individuality and needs
- Partnership with equality and fairness
- Common values
- Honesty, trust and commitment
- Kindness toward each other



COMPONENTS OF A HEALTHY, LOVING RELATIONSHIP

CONTINUED

- Each taking responsibility for their own actions
- Understanding that conflict is normal
- Honest but caring communication
- A sense of humor
- Ability to have fun together
- Sexual attraction
- Love...caring for and wanting the best for each other



SIGNS THAT ONE OR BOTH ARE NOT READY FOR COMMITTED RELATIONSHIP

- Gets involved too quickly
- Wants to be the other's caretaker and thinks the other will change
- Low self-esteem
- Expectation of perfection from partner
- Has fear of being alone
- Wants to dominate the other person's time



WHY BREAKING UP CAN BE HARD TO DO...

- It was so good in the beginning, and you want to get that back
- It feels bad to be the one breaking it off, and it feels bad being the one who doesn't want to break it off
- Fear of being alone again
- Still loving the other person
- Fear of not finding anyone else or anyone better
- Denial of reality regarding the relationship – thinking it was good when it really wasn't



A FEW REASONS NOT TO GET MARRIED

If you want to get married just for:

- Basic Allowance for Housing (BAH)
- Sex
- Escape from the barracks
- Loneliness
- False belief he/she will change once married
- Just because “I love him/her.”



CHOOSING A LONG TERM RELATIONSHIP FOR THE RIGHT REASONS

- Mutual commitment to make the relationship work
- Respectful, caring, and kind to each other
- Positive communication
- Trust
- Common goals and support of each other's goals
- Common values while respecting differences



CHOOSING A LONG TERM RELATIONSHIP FOR THE RIGHT REASONS

CONTINUED

- Financial responsibility on both sides
- Content being together without doing anything
- Have fun together - making each other laugh
- Can resolve conflict in healthy ways
- Satisfying or potentially satisfying, loving sexual relationship
- And of course, love for the other person



TIPS FOR CHOOSING A HEALTHY RELATIONSHIP

- Take it slowly...who you are at 19 is not the same person you are at 24
- Don't expect perfection from yourself or your partner
- Don't rush it... really getting to know each other takes a long time



TIPS FOR CHOOSING A HEALTHY RELATIONSHIP

CONTINUED

- Check to see if you feel good about who you are in the relationship
- Don't ignore warning signs...talk about them
- If past hurts and relationship problems are getting in your way, seek help from a chaplain, military community services or behavioral health specialist



ONE LAST THOUGHT...

“Sexiness wears thin after a while and beauty fades, but to be married to a man who makes you laugh every day – ah, now that’s a real treat.” Joanne Woodward





QUESTIONS?



RESOURCES

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





THANK YOU

