



# PRINCIPLES OF HEALTHY RELATIONSHIPS AND MARRIAGES

Presented by Military & Family Life Counselors

# OBJECTIVES

## Participants will:

- Learn about the components of a healthy relationship/marriage
- Develop tools to create and maintain a healthy relationship/marriage



# AGENDA

- Origins of our attitudes toward relationships
- What makes a relationship/marriage healthy?
- The importance of positive self-esteem
- Stages of marriage
- Writing a love letter
- Dating each other
- Tools for a healthy relationship



# ORIGINS OF OUR ATTITUDES TOWARD RELATIONSHIPS



Many of our attitudes about intimate relationships and what to expect from them are shaped by observing our parent's and other adults' relationships



# WHAT MAKES A HEALTHY MARRIAGE?

- Mutual respect and acceptance of each other
- Trust
- Fairness/Equality
- Separate identities
- Good communication
- Understanding conflict is normal
- Positive self-esteem





# THE IMPORTANCE OF POSITIVE SELF-ESTEEM

- Enhances communication skills and decreases resentment
- Helps you maintain your identity in the relationship
- Decreases likelihood of conflicts and enhances problem solving skills



# STAGES OF MARRIAGE

- Romantic love
- Disillusionment
- The power struggle
- Acceptance and Cooperation
- Transformation



# WRITING A LOVE LETTER

## Love letters

- Words are powerful
- You don't have to be a poet - simple statements are just as meaningful – write from your heart
  - Both men and women appreciate love letters
  - Express the feelings that prompted you to write this love letter
  - Write as if you are speaking directly to your partner
  - Express what you love and enjoy most about this person
  - Share the most significant moments that you have experienced with this person





# DATING EACH OTHER

## Plan dates with your spouse

- Set a weekly date night with your spouse
- Plan ahead
- Arrange for childcare
- Pay attention to your appearance
- Allow time for conversation
- Keep it simple or lavish – whatever your budget allows



# TOOLS FOR A HEALTHY RELATIONSHIP

- Practice good communication
- Own your messages
- Remember to have fun
- Date each other
- Keep expectations realistic
- Practice self-care
- Be flexible
- Let your partner know you care
- Remember that building a healthy relationship is a process



# SUMMARY

- Positive self-esteem enhances a relationship
- Planning dates and writing love letters or notes can help maintain intimacy
- Good communication is an important skill to develop
- Developing a healthy relationship is a process
- If problems persist or intensify, seek help





**QUESTIONS?**







**THANK YOU**

