



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



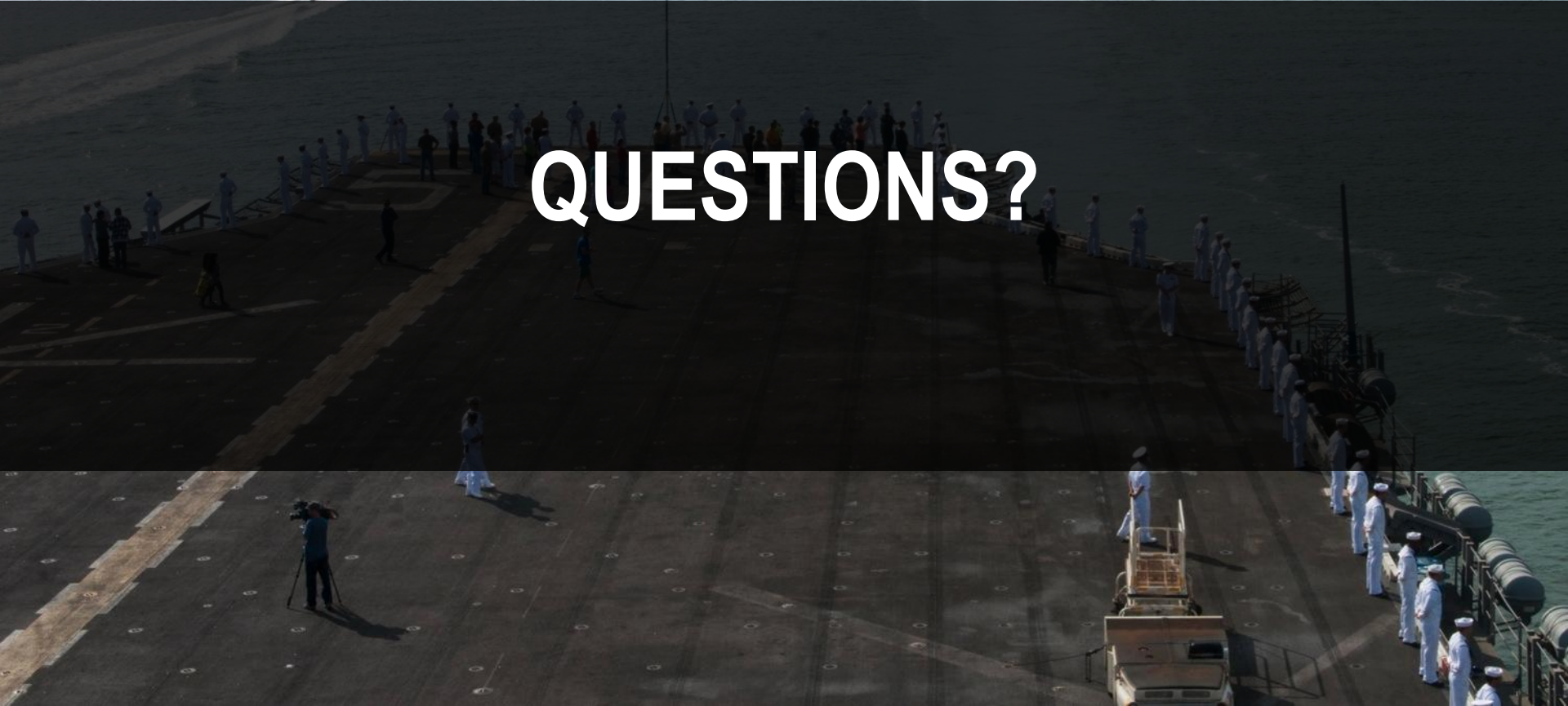
SUMMARY

- 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