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
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
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