

Speaker Notes

Title of Presentation: Healthy Relationship Skills for Singles

Page 1 – none.

Page 2 – none.

Page 3 – none.

Page 4 – **What is important to you in a person you date?** How does what you're looking for in a dating relationship differ from a long term relationship? Or does it?

Page 5 – Relationships generally start out pretty easy. It's usually just about having fun together and making the other person feel special. But as a relationship grows, it's just like picking up rank, there is more responsibility. As the relationship develops, it can get better or worse, and it usually gets more complicated. The following slides show the complexities which are easy for some relationships and not so easy for others. Through it all, though, make sure you really LIKE the person and that you really like yourself. Liking yourself is as important as liking the other person. When you like yourself, you believe that you deserve a healthy relationship, and you are less likely to get involved with someone who is not right for you.

Page 6 – none.

Page 7 – none.

Page 8 –

- **Gets involved too quickly** – It takes a long time to get to know someone well enough to determine if they are right for you as a long term partner.
- **Wants to be the other's caretaker and thinks the other will change:** sets up a care-taking relationship that both people eventually regret/resent. We can't change anyone except ourselves. Trying to change someone into something you want them to be never works.
- **Low self-esteem** – contributes to neediness. People with low self esteem may believe they have to have a relationship to feel good about themselves. This puts pressure on the other person and pressure on the relationship. No one can be everything to another person.
- **Expectation of perfection from partner:** if perfection is the expectation, then the partner will never measure up to the expectation. This can cause anger and resentment from both parties.
- **Fear of being alone** – If you can't stand being by yourself, that is an indicator of low self-esteem, and you might hang onto a bad relationship rather than risk being alone.
- **Wants to dominate the other person's time:** this can cause the other person to feel uncomfortable and closed in. Every relationship needs "breathing room" – an opportunity to be with others or to be alone.

Page 9 – none.

Page 10 – Getting married primarily because you want to have sex or you want financial benefits, isn't enough to make the marriage work. In fact, love alone isn't enough to sustain a marriage. Other components needed to sustain a long term relationship are presented on the following slide.

Page 11 – none.

Page 12 – none.

Page 13 – none.

Page 14 – none.

Page 15 – none.

Page 16 – none.

Page 17 – none.