



MAKING CONNECTIONS Healthy Relationships

PART I - Types of Relationships - Physical, Emotional, Mental, Spiritual

Brainstorming Types of Relationships

What are some of the types of relationship we have, or have had?

- Puppy Love
- Family, Pets
- Friendships
- Church, Country, Life
- Personal Closeness
- Physical vs. Intimacy

VIDEO: 7 Signs You Are Ready for a Relationship

<https://youtu.be/5wePzfVKTsq>

1. You don't need someone to complete you (want a relationship to share time with someone - not just because you are lonely).
2. You understand the importance of **open communication** (having good listening skills - being able to work out your issues).

Ways to Listen Better

- **When you're listening, listen. Don't multi-task.**
- **Avoid interruptions.**
- **Listen 90% of the time; talk 10%.**
- **Don't offer advice unless asked.**
- **Ask relevant questions.**
- **Keep an open mind.**



Rolling eyes, arms folded across chest, huffing or sighing, looking elsewhere.



Communicating Assertively for Open Communication

1. Use "I" statements.
2. Keep your responses short.
3. Slow down. Pause.
4. Listen.
5. Monitor your tone of voice and body language.
6. Maintain appropriate eye contact.

3. Your ex is no longer on your mind.
4. You have mastered **self-love and acceptance** (accepted your flaws).

List 3 things that are GREAT about yourself:

- 1.
- 2.
- 3.

5. You have already experienced a lot of the experiences you've wanted (**bucket list** – now willing to share experiences).

Name your top 5 bucket list items. Do you want to experience them alone, or share them with someone?

- 1.
- 2.
- 3.
- 4.
- 5.

6. Understand the reality of maintaining relationships (it takes a lot of work).
7. You are ready to integrate your life with someone else – you are willing to compromise and make sacrifices.

What It SHOULD Be	What It CAN Be	What It MIGHT Be
L – Like & Look Up To O – Open-Minded (Expectations) V – Valued/Worth (Respect) E – Ethical and Legal	S - Satisfying A - Affectionate F – Friendly E - Enjoyable	R - Reality I - Is S - Sometimes K - KRAZY!