



Relationship Skills

A First Aid Kit for Men

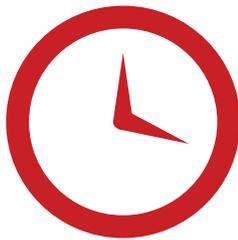


Relationship Skills

We all hope for a healthy, loving relationship with our partner. However, as we deal with the natural ups and downs of life, staying connected in our relationship requires ongoing work.

Here are 5 tips for creating and sustaining a committed, long-term relationship:

TIME



It takes time to create a relationship that works. This time may encroach on other commitments such as work, hobbies or sports. However, you need to prioritise time to be together and to play, plan, coordinate, nurture, relax, hang out or just enjoy some family time. Dedicate some time to your relationship and you'll reap the benefits.

ENERGY

Relationships evolve over time and are, in general, always changing as we get older and as life events unfold. It takes energy to remember to acknowledge your partner and to treat them with respect but this is important if you want a healthy relationship. Make an effort to be more appreciative, more respectful and more giving and your relationship will improve as a result.



ATTITUDE



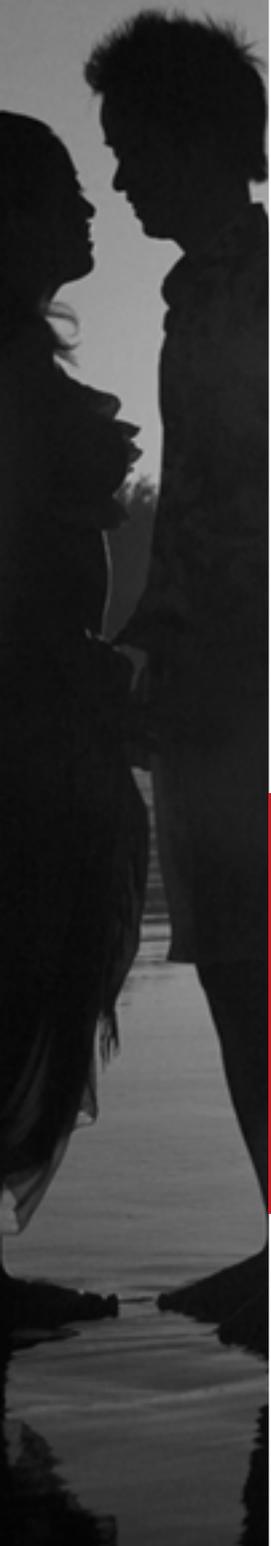
Focus your attention on what kind of partner you want to be in order to build the kind of life and create the kind of relationship you want to have. Be open, curious, interested, caring and contributing in your relationship. Behave with respect and value the work it takes to stay connected. Look out for your own thoughts or behaviours that may distract you from staying connected to your partner. Focus on changing yourself not just insisting on changing your partner.



COMMUNICATION

Communicating effectively is an art. To be effective at communicating consider the following:

- a) Be clear about what you want to say.
- b) Own your own thoughts and feelings without attacking your partner.
- c) Learn to listen without just trying to fix. Men are good at finding solutions, however, check with your partner about what she really needs from you.
- d) Hear what your partner is saying rather than formulating your response before she has finished.
- e) Be focused and avoid becoming distracted when listening to your partner. If your mind wanders, admit it and apologise.



VISION



Discuss and create a vision of the life you want to build together and individually. Share your values, hopes and dreams. Talk about where you want your lives to be in the next 6 months, 12 months etc. Strive for a healthy balance of relationship goals, family goals, and individual goals. Make your goals specific, attainable and realistic. Importantly, make time to review the progress of these goals regularly.

A good, supportive relationship will make you feel happy and content. However, relationships are complex and at times can be difficult. A relationship can become distressed for a variety of reasons.

If you'd like some help to get your relationship and life back on track please give us a call on **1 300 88 45 22**.



Men & Relationships Counselling

Helping you make change a reality