



Healthy v. Unhealthy Relationships

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What is Love?

Romantic Love

- Honeymoon phase
- Eventually devolves...

Companionate Love

- Deep attachment, intimacy, ease with partner, development of trust, loyalty, and acceptance, and being ready to sacrifice.

Aspects of a Healthy Relationship

- Mutual Respect
- Trust
- Honesty and Respect
- Good Communication (e.g., listening, compromise, understanding, receptivity, problem solving,)
- Individuality (e.g., self love, self confidence)
- Effectively managing conflict (e.g., anger control, fighting fair)

<https://youth.gov/youth-topics/teen-dating-violence/characteristics>

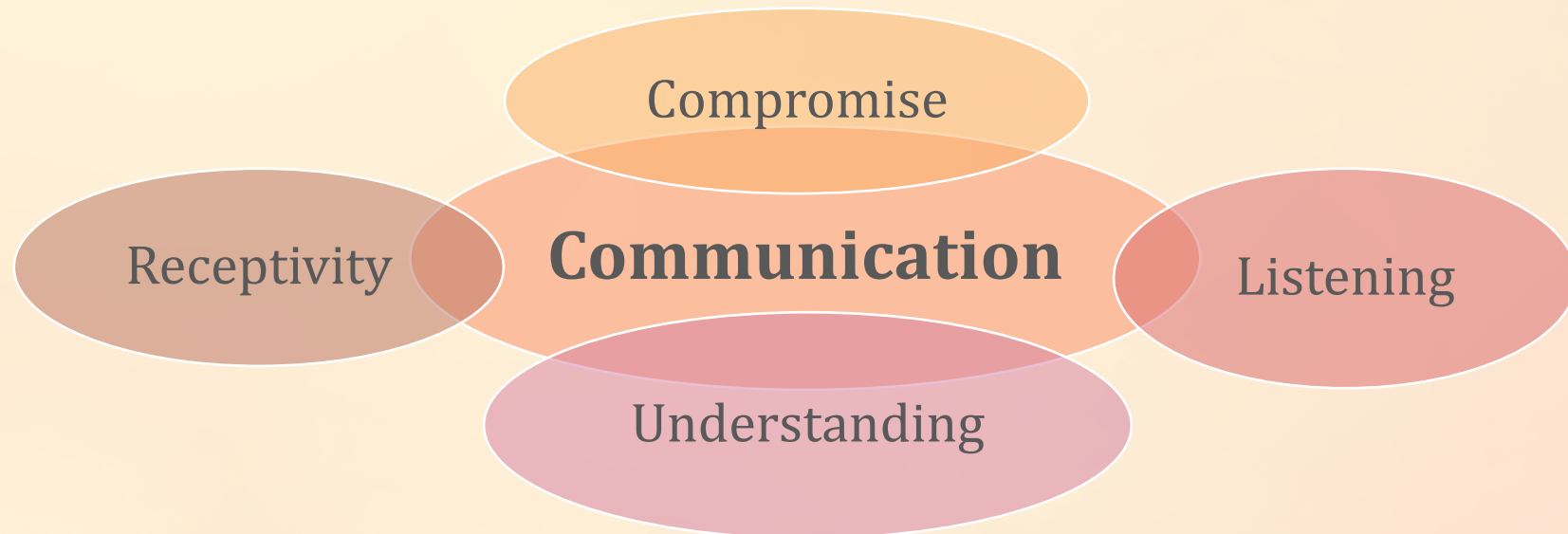
Aspects of a Healthy Relationship

- Being a role model
- Healthy sexual relationship
- Let go of the need to be right
- Affection

Let's Talk Communication

- Fosters mutual understanding, increased emotional intimacy and connectedness, and helps to deepen the feeling of love

True or False? Women speak 20,000 words a day, while men speak only 7,000.



Types of Communication

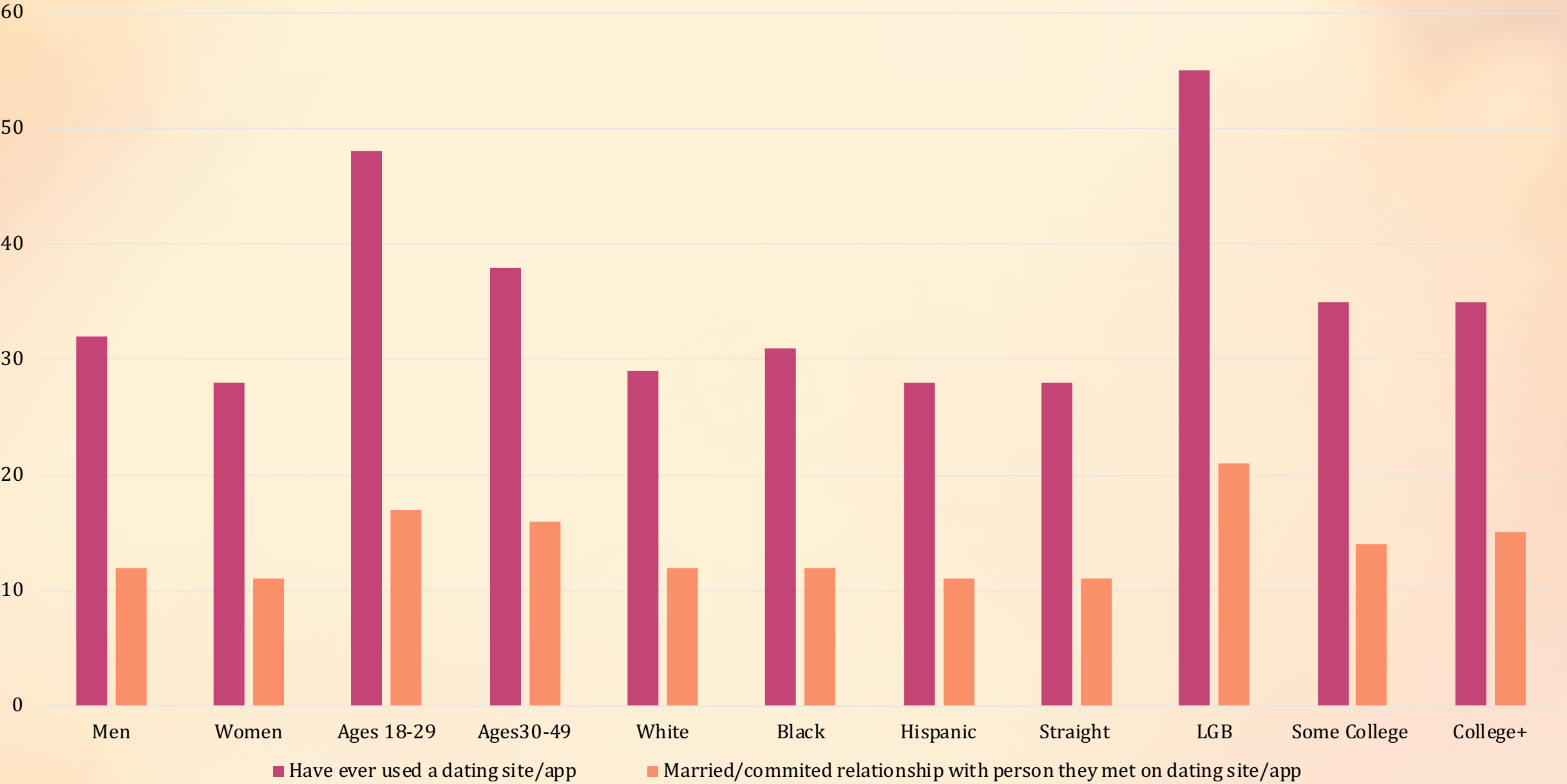
Nonverbal

- Hand movements
- Body gestures
 - Consent?
- Sending flowers
 - Women/some men use more
 - Eye contact
 - Touches
 - Smiles

Computer Mediated

- “Less Risk”
- Women tend to use more emoticons
- Becomes an issue when people get addicted to the computer conversations.

Online Dating Statistics



How to Communicate Effectively

Self Disclosure

- Sharing your thoughts, feelings, and wants
 - What is wrong?
 - How do you feel about it?
 - Key to making requests about what you want: Be specific on the change you are asking for

How to Communicate Effectively

Asking For What You Need

- Talk about communication
- Give helpful and supportive feedback
- Do not wait until you're angry
- Ask questions
- Learn to say no, gently
- Be forgiving
- Talk about sex



Learn To Listen

Speaking of Listening...

Relationship Quiz (Gottman, 1999)

What is the name of your partner's best friend?

Who has been irritating your partner lately?

What are some of your partner's life dreams?

What are 3 of your partner's favorite movies?

What are your partner's major current worries?

What your partner would do if they won the lottery?

Aspects of an Unhealthy Relationship



<https://youth.gov/youth-topics/teen-dating-violence/characteristics>

<https://www.joinonelove.org/signs-unhealthy-relationship/>

Quick Involvement

- Many victims dated or knew their abusers for less than 6 months before becoming engaged or moving in together.
- Abusers come on like a whirlwind, claiming "love at first sight." Abusers flatter their victims with statements like "You're the only person I have ever been able to talk to," "I've never felt loved like this by anyone," or "I'd kill myself if you ever left me."
- The abuser needs someone desperately and will pressure a victim to make a quick and total commitment.

(Dr. Jason Parker, PhD, Old Dominion University)

Controlling Behavior

- In the initial stages of a relationship, abusers explain that controlling behavior is concern for the significant other's safety, the need to use time well, or the need to make "good" decisions.
- As controlling behavior worsens, abusers tend to interfere more and more in their victims' personal decisions, like choice of clothing, church attendance, or money.
- Abusers may even make victims ask permission to leave the room or the house.

(Dr. Jason Parker, PhD, Old Dominion University)

Blaming Others for Their Feelings

- Abusers tell their victims "You make me mad," "You're hurting me by not doing what I ask," or "I can't help being angry,"
- Abusers make decisions about what they think and feel, then use these feelings to manipulate victims
- More subtle are claims like "You make me happy" or "You control how I feel."

(Dr. Jason Parker, PhD, Old Dominion University)

1. Relationship scoreboard
2. Dropping hints
3. Holding the relationship hostage
4. Blaming your partner for your own emotions
5. Displays of loving jealousy
6. Buying the solution

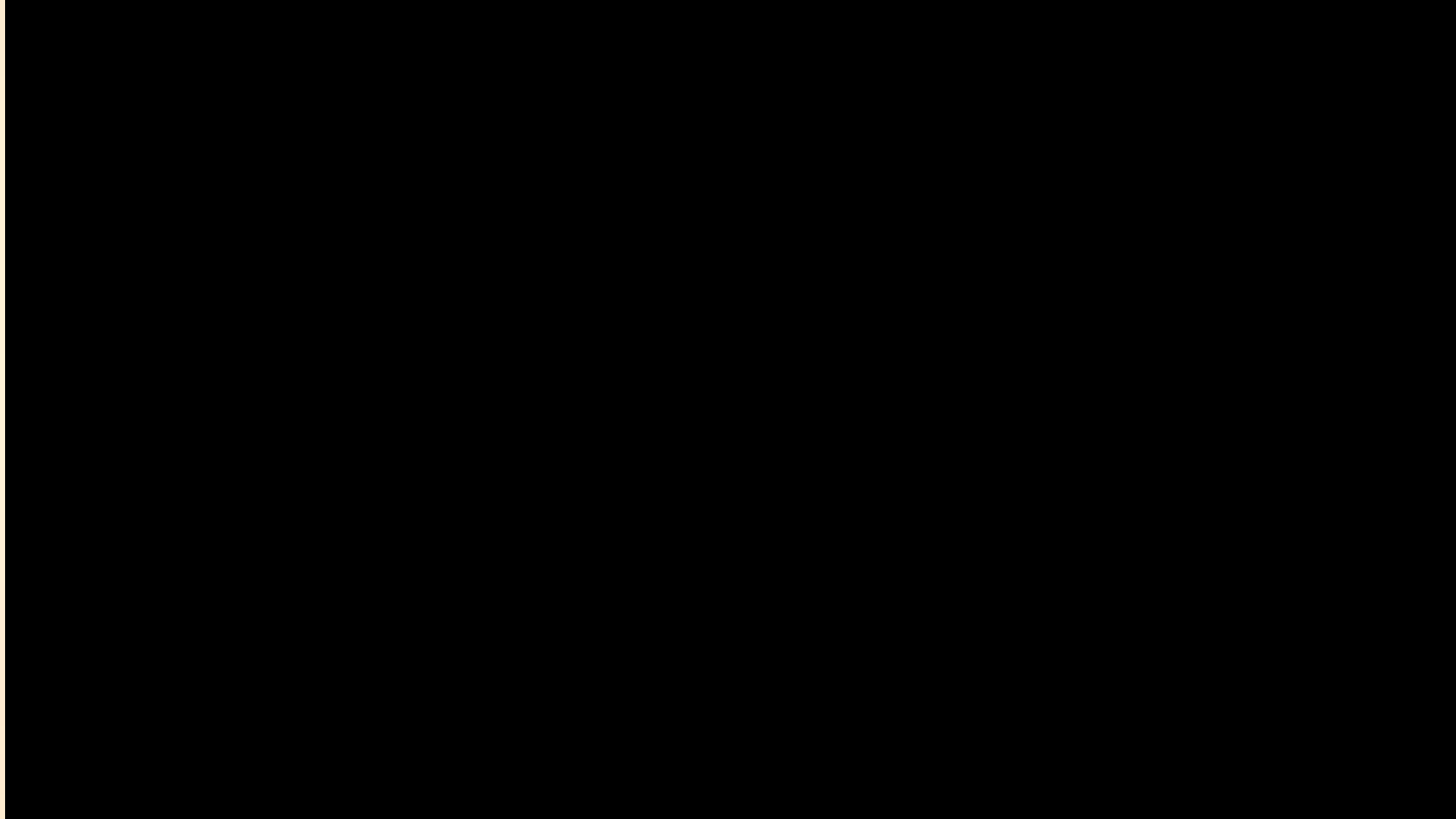
**6 traits people think
are normal**

<https://markmanson.net/toxic-relationship-habits>

UTA Group Discussion

1. In what ways do you think consent about sexual activities changes as relationships develop from the dating stage to being long-term?
2. With the information learned from today's lecture and assigned readings, which skills do you believe will be the most beneficial when thinking about your present and future relationships?

Scenario One: Group Evaluation



What kind of relationship was presented within this video?

What traits or aspects, relative to the type of relationship, did you notice? Provide at least two with direct examples.

What are your thoughts and how would you react if you were presented with a situation like this?

If applicable – How would you approach this situation in a healthier way?

Communication Bible

- “I feel _____” is communicative.
- “You” statements are argumentative.
- I feel _____, but not at/with you.
- Let them “rephrase.”
- Remember to keep “dating” each other.