

MAINTAINING HEALTHY RELATIONSHIPS

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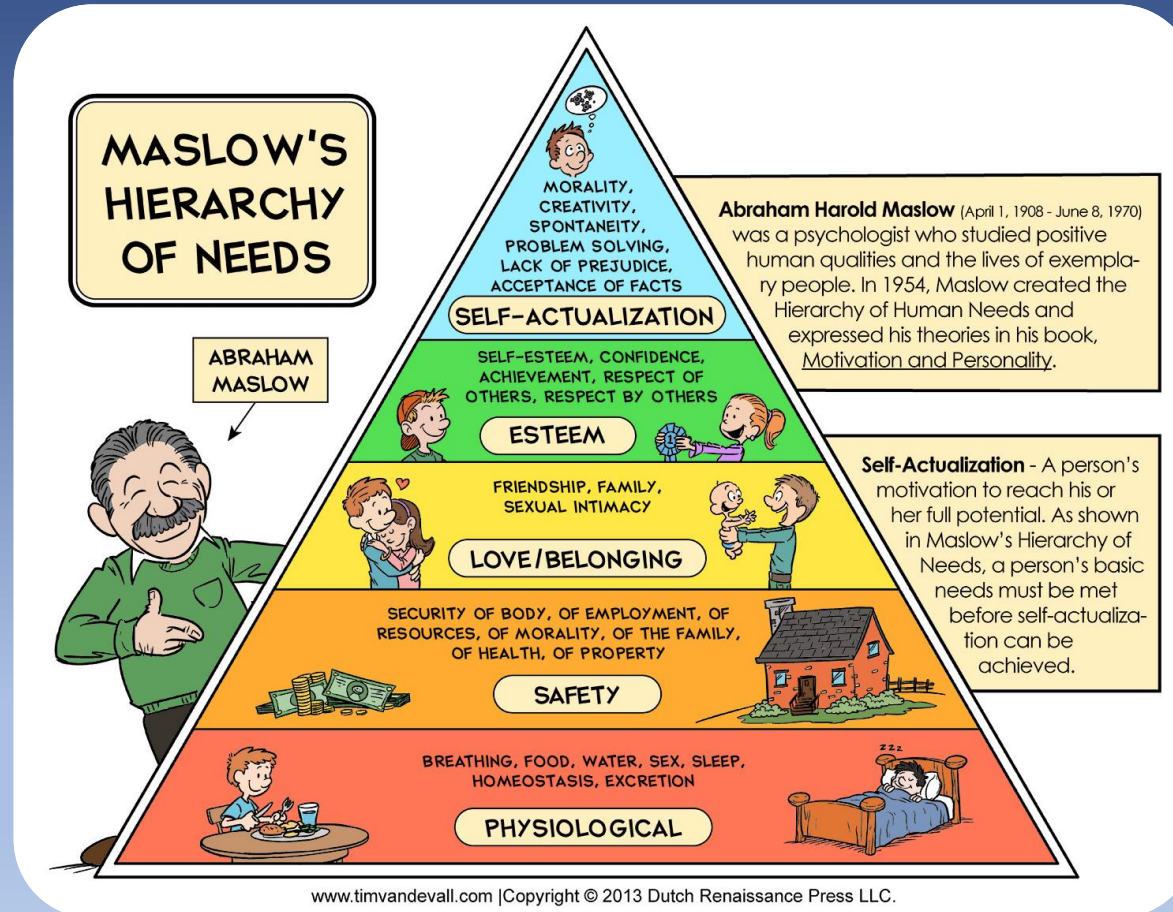


What is a Relationship

- What is a healthy relationship



Why is a relationship important?



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What are the 4 types of relationship?

- **Family relationships**
- **Friendships**
- **Acquaintanceships**
- **Love relationships (Life partner)**

Common characteristics of a healthy relationship

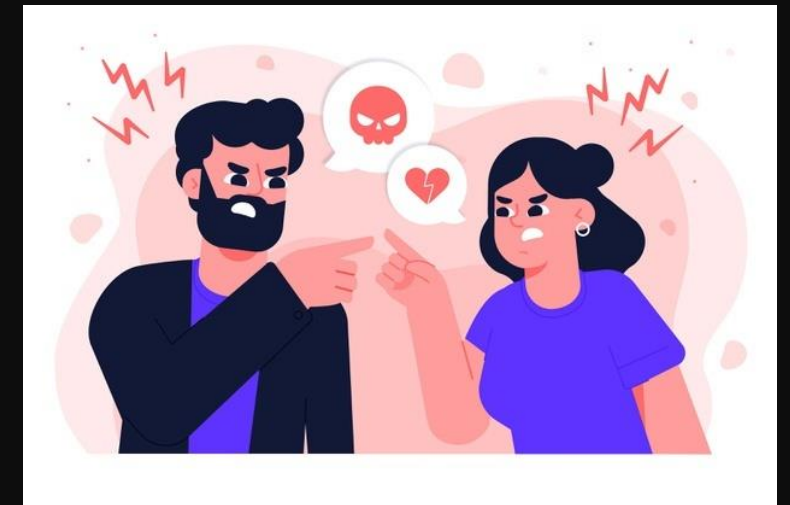
- Respect
- Trust
- Open Communication
- Equality
- Both shared and individual interests
- Understanding
- Honesty
- Care
- Emotional Support



Characteristics of a unhealthy relationship

Abusive behaviours in:

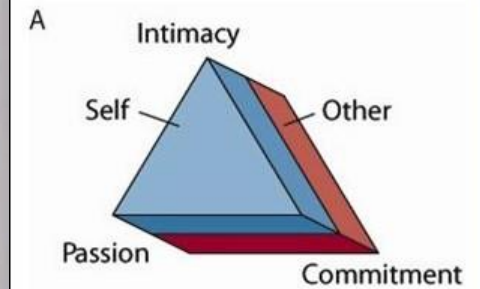
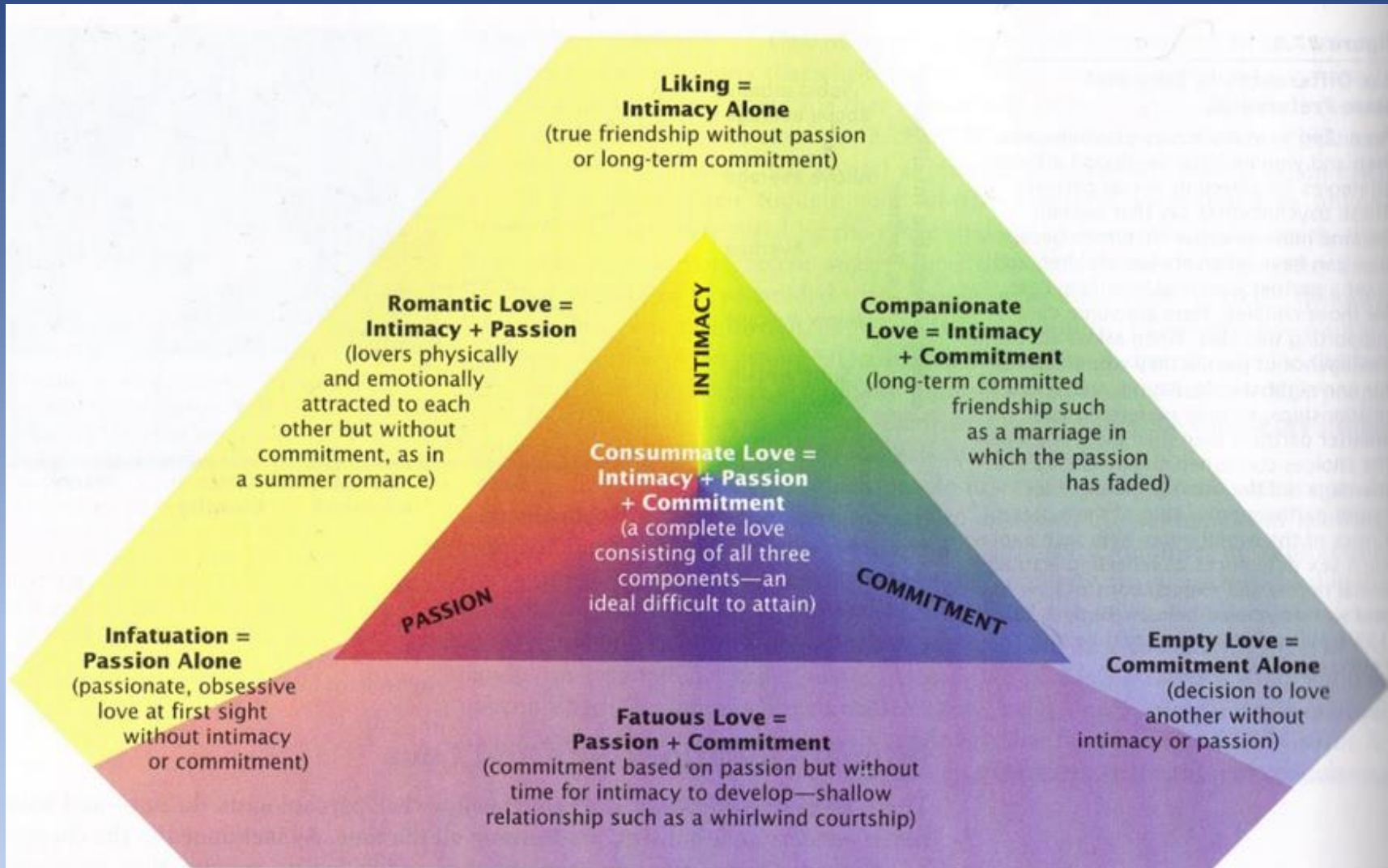
- **Emotional - Making degrading comments, ignoring, isolating, controlling friendships/activities, threatening**
- **Physical - Slapping, Pushing, punching**
- **Sexual - forced or coerced sex**
- **Financial - Having finances restricted from you**



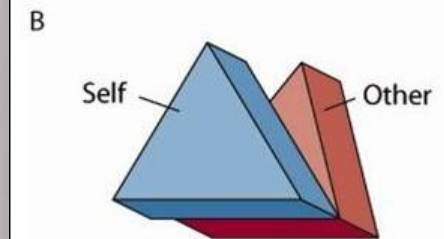
Factors affecting relationships

- **Practical/Logistical Issues**
- **Compatibility Issues**
- **Commitment Issues**
- **Affection/Intimacy Issues**

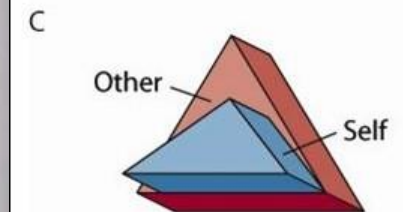
Robert Sternberg's Triangular Theory of Love



Perfectly matched involvements



Closely matched involvements



Severely mismatched involvements

Ways to maintain a relationship

Knowing your partners love language

- Words of Affirmation
- Physical Touch
- Acts of Service
- Quality Time
- Gifts

The 5 Love Languages

How to Connect With Your Partner



ACTS OF SERVICE

Run an errand for your partner, cook a meal, complete a household chore



GIFTS

Give thoughtful and meaningful gifts of any size, without an occasion



PHYSICAL TOUCH

Hug, kiss, hold hands



QUALITY TIME

Give your partner undivided attention via exclusive time together



WORDS OF AFFIRMATION

Offer verbal compliments and words of appreciation



Ways to maintain a relationship cont....

- **Communicating with your partner**
- **Keeping the intimacy alive**
- **Fostering trust**
- **Respecting your partner with Family and Friends**
- **Resolving Conflicts**



Improving an unhealthy Relationships

- Let go of codependency
- Respect your partners privacy
- Note warning signs of abuse
- Seek professional support



► **Counselling unit @ OUSL**

Free & Confidential

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Health Centre



HEALTHY MIND



HEALTHY LIFE

Thank You