

FNQ FAMILY THERAPY

Family Therapy - Individual Therapy - Clinical Supervision

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Issue 4

HEALTHY RELATIONSHIPS

Healthy relationships are important in our lives to feel supported, loved, acknowledged, respected and worthy. Easy to define if your are in a healthy relationship is when you feel equal to one another and if you can share feelings, laughter, the other person is listening and validating your feelings. It is healthy to have arguments as people have different options and views. However, discussing and sharing those thoughts in a respectful way is needed to grow together and communicate.



Are you in a healthy relationship?

Respectful conversations, honesty, shared responsibilities, financial decisions made together, compromises, support in life goals. Seek support if you find yourself in an unhealthy relationship. You're worth it!

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UNHEALTHY RELATIONSHIPS

An unhealthy relationship is where your feel disrespected and not equal to one another. You are not talking to each other, you're only arguing. Relationships can fall apart when you keep blaming the other person and not take the time to reflect and look at what you can do to change the situation. Most often we talk about "I" messages, these "I" messages help to reduce the blame and give the other person the opportunity to hear from you and your feelings, this gives an opening to discuss the issues in more depth. Please watch this video of The Gottman Institute for the antidotes of the four horseman that break a relationship, [video](#)

LOVE LANGUAGES

Dr Gary Chapman writes about different love languages to understand each other more and help each other feel loved. We all have love languages, children and adults. We feel loved in other ways which can be a big adventure you are in together. At times you might miss something in the relationship that was so 'easy' at the start. Do the quiz together and make each other feel loved, heard and seen.

Go to <https://www.5lovelanguages.com>



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Do you know your partner's love language?

Do the test on [5lovelanguages.com](https://www.5lovelanguages.com).

Relationships grow better when we understand each other.

Dr Gary Chapman

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OCTOBER MENTAL HEALTH WEEK

Mental health week is this month. A week to focus on yourself, ask how others are travelling. Talk to friends, mental health professional, get involved in your community centres, talk to your company's EAP provider. Stay healthy!

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