
TIPS FOR HEALTHY RELATIONSHIPS

Communication

Take time to communicate through actively listening to others. Ask questions, be curious, and be willing to discuss expectations of the relationship or communication style.

Respect

Listen non-judgmentally, be affirming and validating, and value the other person's opinion. A good rule of thumb, treat others how you would like to be treated.

Fight fair

Most relationships have some conflict. Using respect and flexibility, schedule a time to discuss your disagreement. When a problem arises, use "I" statements to discuss how you are feeling and avoid blaming others.

Trust

Trust and respect each person's right to their own feelings, opinions, and boundaries.

Balance

Keep your life balanced with a variety of experiences and relationships and try new things outside of your relationship. Having balance helps create a meaningful life and reduces dependence on your partner.

Conflict resolution

- Approach the issue calmly, offering understanding and compassion
- If the conflict is no longer calm, take a break and come back to the conversation at a later time
- Keep the conversation in the present, don't bring up past conflicts
- Avoid yelling, name calling, eye rolling
- Attempt at compromise if possible

When to seek support

If your partner....

- Calls you names, is demeaning, makes you feel badly about yourself
- Controls who you see, where you go, what you do
- Claims to be overly jealous or protective
- Blames you for all issues in the relationship and does not accept their part in conflict
- Makes you feel emotionally, physically, intellectually, or sexually unsafe
- Demands sexual acts when you have refused
- Does not respect your boundaries
- Bullies you to get what they want

Reach out to the CTC for support

CONTACT US

UW La-Crosse Counseling and Testing Center

2106 Centennial Hall
8 - 4:30pm M-F
Urgent care: 12 - 4pm M-F

Phone: 608-785-8073

Website:
www.uwlax.edu/counseling-testing



Visit our website!

Emergency Resources

UWL Police:
608-789-9999

City of La Crosse Police: 911 or 608-785-5962

Great Rivers 211: 211 or 800-362-8255

Suicide and Crisis Lifeline: Call or text 988