

# 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](http://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