

## Keys to Healthy Relationships

Behaviors which are predictors of long lasting relationships:

1. Enhance their love and connectedness with each other
2. Directly express their fondness for each other
3. Commit to go towards each other instead of away from
4. Allow each other to have influence in the relationship
5. Work towards positive outcomes
6. Work towards overcoming power struggles and stalemates
7. Create a shared purpose and vision

Seven Marriage Tips 101:

1. Seek help early when the relationship is in trouble
2. Edit yourself. Think before speaking. Consider how it is received
3. Soften your “start up.” Bring up problems gently & without blame
4. Accept influence. Work in partnership with each other
5. Have high standards for the quality of the relationship
6. Learn to repair and exit arguments. Use humor when appropriate;  
Acknowledge what’s good; back down when necessary, take breaks when things are heated; share common ground. “This is our problem”
7. Focus on the bright side. Keep a perspective about positive and negative

Predictors of divorce, or ongoing troubled relationships:

1. Criticism. Put-downs, hurtful judgments, name calling, insult
2. Contempt. Intention to hurt. Purposeful mockery, sarcasm, hostility
3. Defensiveness. Reactivity, feeling victimized, win-lose positions
4. Stonewalling. Silent disapproval, smugness, refusal to connect