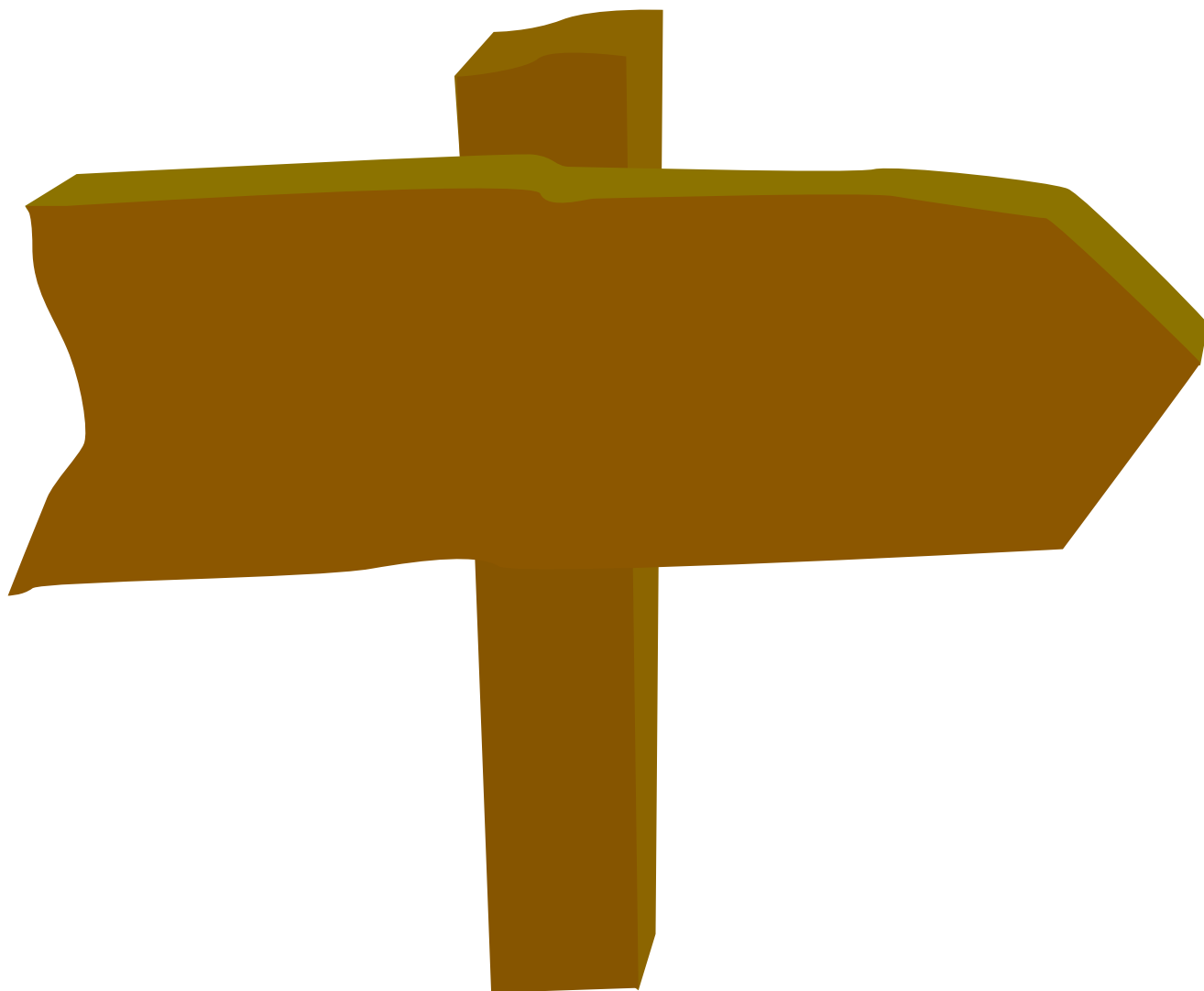


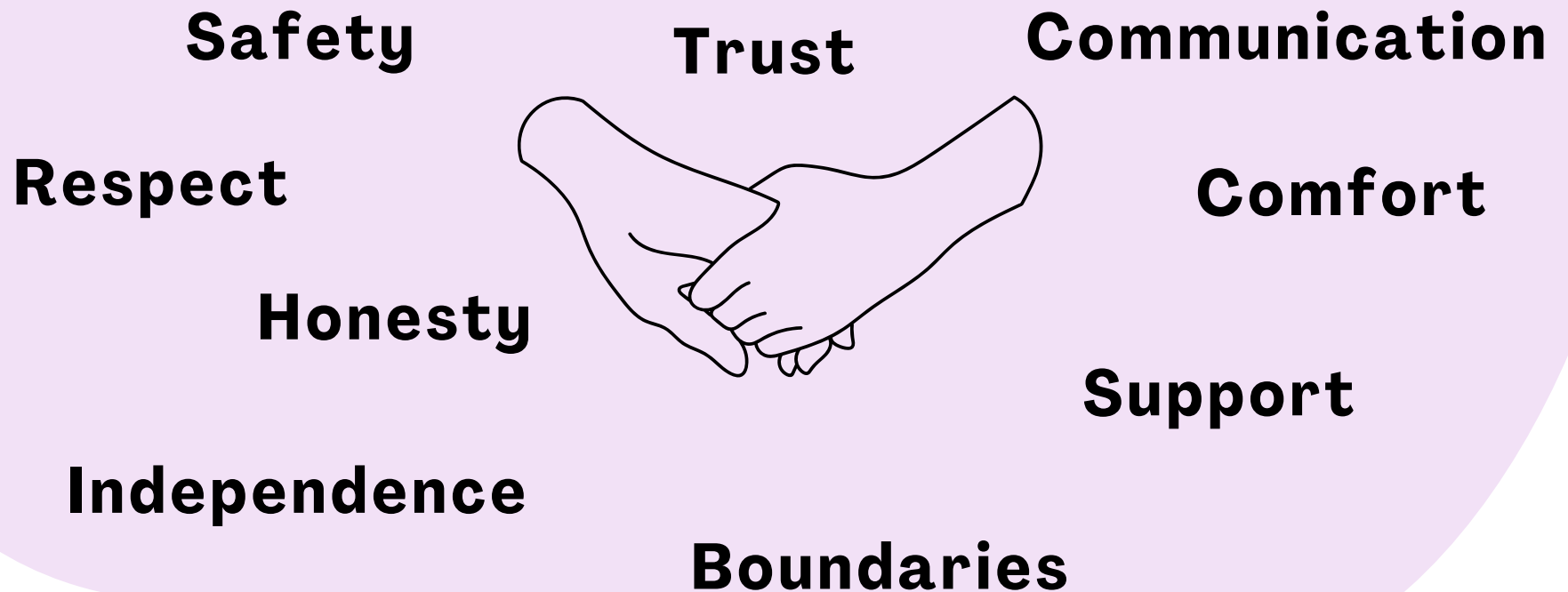


**ARE YOU IN A  
HEALTHY  
RELATIONSHIP?**





# **WHAT ARE COMMON TRAITS OF HEALTHY RELATIONSHIPS?**



# WHAT IS HEALTHY COMMUNICATION IN A RELATIONSHIP?

- ☆ Feeling comfortable express your emotions, desires, and boundaries
- ☆ Trusting that your partner will listen to you and respect what you say



**Open communication is an essential part of building and nurturing healthy relationships.**

Check out this  
quiz on the 5 Love  
Languages to  
learn more about  
how you  
communicate  
love to a partner



## **BUT WHAT IF WE FIGHT?**

☆ **All relationships involve some amount of conflict!** It's okay to disagree with your partner

☆ Not all relationships handle conflict in a healthy way, though



# **HEALTHY CONFLICT RESOLUTION INVOLVES:**

- Staying relatively calm so you can stay open to communication
- Managing your emotions and behavior to appropriately express your needs
- Paying attention to the feelings your partner is expressing
- Respecting that you and your partner may have different opinions or feel differently about the situation





Check out these tips  
from the Sexual  
Misconduct  
Prevention and  
Response office on  
what to do after an  
argument



**TIPS FOR  
BETTER  
COMMUNICATION  
IN YOUR  
RELATIONSHIP**





- **Share your feelings:** Expressing feelings and needs, verbally or written
  - Use “I feel...” statements as opposed to “You are...”
- **Build trust:** Being there for and supporting each other
- **Listen deeply:** Keeping an open mind and giving your full attention
- **Be vulnerable:** Opening up to others and reaching out for support
- **Manage conflict:** Committing to a resolution that meets everyone's needs

# RESOURCES

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## On Campus:

- Talk with counselors at SHAC about your relationship or what you see missing in it
- Contact the Sexual Misconduct Prevention and Response (SMPR) office
- Speak with a Chaplain (confidential resource)

## Online:



Guide to sexcessful communication

Healthy relationships quiz



Overcommitment Bulletin Board

## ARE YOU IN A HEALTHY RELATIONSHIP?



## WHAT ARE COMMON TRAITS OF HEALTHY RELATIONSHIPS?

Safety Trust Communication  
Respect Honesty Comfort  
Independence Support  
Boundaries



## WHAT IS HEALTHY COMMUNICATION IN A RELATIONSHIP?

- ☆ Feeling comfortable express your emotions, desires, and boundaries
- ☆ Trusting that your partner will listen to you and respect what you say



Open communication is an essential part of building and nurturing healthy relationships.

Check out the quiz on this page to learn more about how you communicate love to a partner



## RESOURCES

### On Campus:

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Overcommitment Bulletin Board

## TIPS FOR BETTER COMMUNICATION IN YOUR RELATIONSHIP



- **Share your feelings:** Expressing feelings and needs, verbally or written
  - Use "I feel..." statements as opposed to "You are..."
- **Build trust:** Being there for and supporting each other
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- **Manage conflict:** Committing to a resolution that meets everyone's needs



## HEALTHY CONFLICT RESOLUTION INVOLVES:

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