

SMU WellFacts

Healthy Relationships



What Does it Look Like?

Mutual Respect

Valuing each other's opinions and listening to each other in a non-judgmental way

Honesty

Accepting your personal actions and admitting past faults while maintaining open and truthful dialogue

Separate Identities

Respecting each person's right to their own thoughts, feelings, time, activities, and ideas

Trust & Support

Respecting each other's goals in life and showing value/interest in what your partner is trying to accomplish

Fairness & Negotiation

Being willing to compromise in any given situation in an effort to accomplish goals that satisfy both partners

Communication

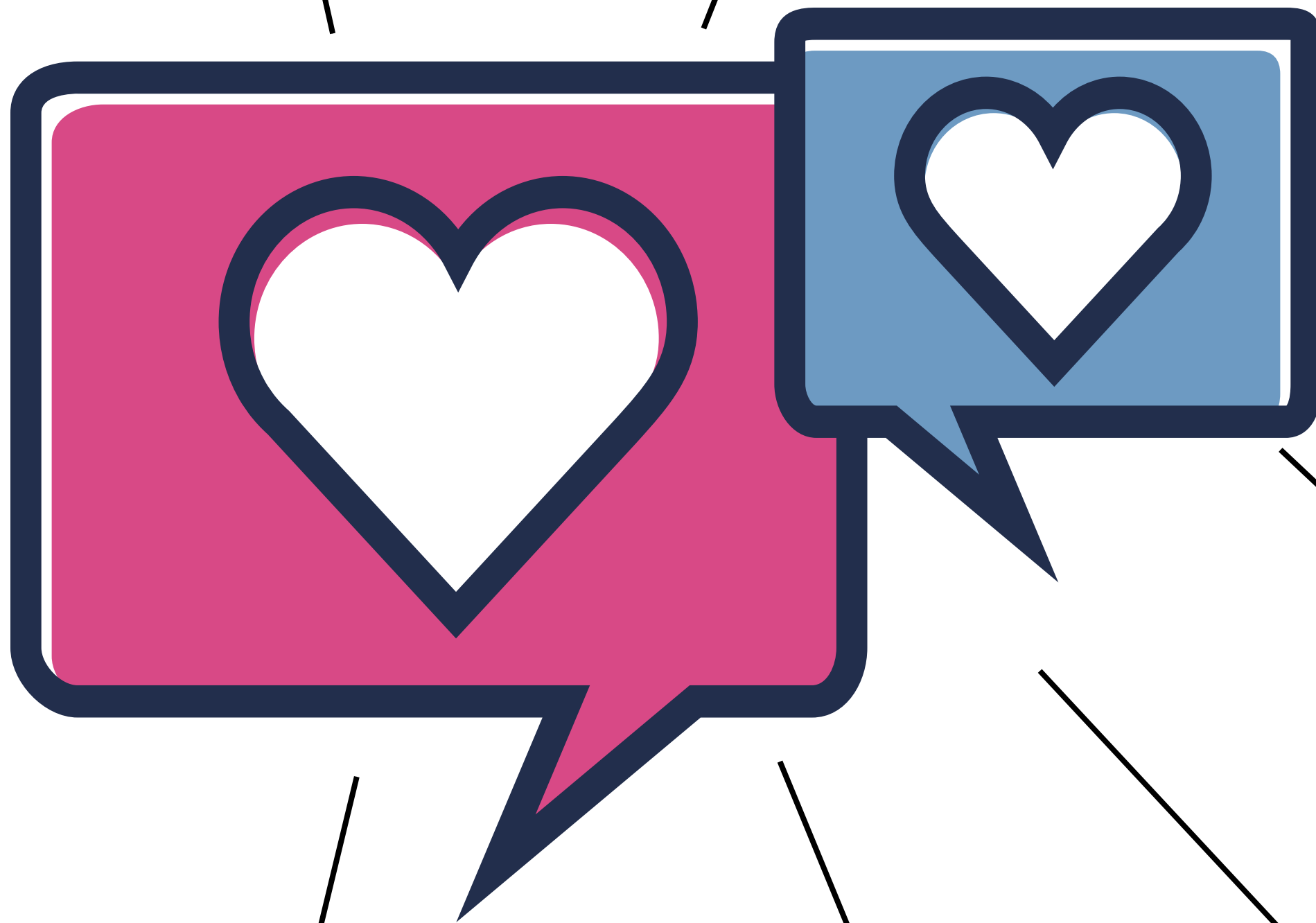
Being honest with yourself and your partner about what you are thinking and feeling

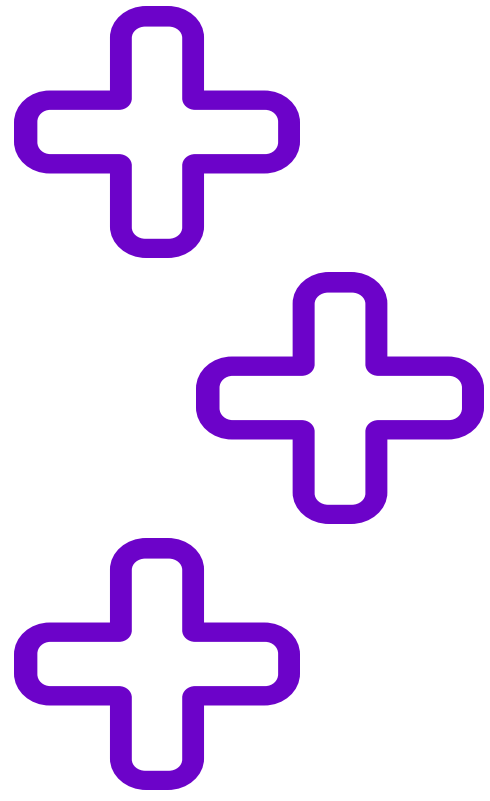
Fighting Fair

Settling points of conflict in a constructive way free of criticism, judgement and assumptions

Forgiveness

Being willing to admit your own faults, apologizing, and forgiving the fault's of your partner's past





Expectations

Every person enters into a relationship with an idea of what they want. These expectations are influenced by the media, personal observations of other relationships, family, friends and past relationships. While being honest about expectations can provide clarity for what each person is seeking, unrealistic expectations can cause conflict and make a relationship unsatisfying

5 Steps to Creating Healthy Boundaries

- 1 Understand your own limits and choose to set them
- 2 Communicate why you need the boundaries that you do
- 3 Be specific and decide when, where and how the boundaries should be set
- 4 Stick to the boundaries established
- 5 Evaluate boundaries throughout the relationship and adjust them as needed

Signs of an Unhealthy Relationship



Are you afraid of your partner's temper?

Has your partner physically hurt you?

Does your partner isolate you from friends and family?

Do you feel powerless in your relationship?

Does your partner humiliate you in front of others?

Does your partner behave in ways that scare you?

Presented by:

Office for Community Health Promotion

SMU Resources

Violence Prevention & Support Services
preventviolence@smu.edu
Women & LGBT Center
womenandlgbtcenter@smu.edu
Chaplain's Office
rankins@smu.edu

Dr. Bob Smith Health Center
6211 Bishop Boulevard
Dallas, TX 75205
214-768-2393 | healthed@smu.edu



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