

A Healthy Break Up

If it comes time that the relationship is no longer working for each other then it is the time to break-up. Never think of a relationship that didn't work out as a waste of time. Every relationship teaches you and helps you to grow as an individual.

Three Steps to Help:

1. Meet in person, choose a safe location for the break-up (never email or text).
2. Be prepared for hurt feelings, be clear, honest, and compassionate.
3. Avoid blaming the other and never walk out without a full explanation as to why, be respectful.

Resources

If you are still struggling months after a break-up and find it emotionally difficult to move on, you may find brief counselling helpful.

www.carleton.ca/health
or to book an appointment
call 613-520-6674

CU Healthy

HCS

wants to CU Healthy! The Health Promotion Team at HCS tries to achieve this through our:

- Resource Centre
- Student Peer Interns
- Health Promotion Advisory Committee
- Website (carleton.ca/health)
- Facebook page
- Newsletters, class presentations, workshops and more . . .

The Health Promotion Team promotes healthy lifestyles and wellness and can provide you with information about stress, colds, nutrition, sexuality, alcohol, etc. Contact the Resource Centre for more information at 613-520-2600 ext. 6544 or email us at carletonwellness@gmail.com.



2600 CTTC Building
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Healthy Relationships



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What is a Healthy Relationship?

A healthy relationship is when two people feel a healthy sense of themselves as well as each other. Two people who try to meet each other's needs, and who have no fear of criticism when asking each other for help. Both parties must respect each other even when they share different views on the topic at hand.

Traits of a Healthy Relationship

- Honesty
- Respect
- Trust
- Commitment
- Assertiveness
- Positive/Self-Esteem
- Mutual/Separate goals and interests
- Communication
- Equality

Stages of a Relationship

Attraction: You have an attraction to someone and want to get to know them better.

Getting to know one another: Spending more time together helps to see if you get along well. Whether or not it is worth the risk of sharing more personal things with each other or not. This stage tests the relationship and builds feelings of trust.

Conflict: Sooner or later conflict arises. It may not be noticeable at first but conflict is a good way to share how you are feeling at the time. At this stage a relationship can end or evolve into a more meaningful relationship.

Working it out: If the conflict is resolved a relationship then grows stronger. Realizing that you can get through the rough spots has you developing a deeper trust and confidence for each other.

Deepening the relationship: At this stage you have worked through the conflict. You have increased trust, affection, and pleasure in each other's company.

These stages are common in relationships and are likely to repeat over and over during the relationship.

Do you continue the relationship or end it? Each time you choose to continue you develop an even deeper connection.

Steps to Having a Fair Fight?

1. **Negotiate a time to talk**— Try to avoid having important discussions when tired or stressed. This can cause you to project all your stress and fatigue onto your partner which can result in yelling. Picking a time ensures that the both of you are in a good state.
2. **Stay on topic**— Never bring up irrelevant arguments from the past. If you have forgiven them for something in the past and then bring it up again it only causes bitterness for both parties. Bringing up other past arguments makes the other feel as though you were lying when you forgave them.
3. **Don't Criticize**— The conversation is meant to have you talk about what you're unhappy with not negative things about your partner. Pointing out each other's faults makes people feel worse about themselves.
4. **Avoid Arguments**— Avoid arguments when alcohol is involved or when you are in a public/social situation.
5. **Starting with "I"**— Try to start your sentences with "I" rather than "you". The person will feel less defensive and more likely listen to what you are saying.