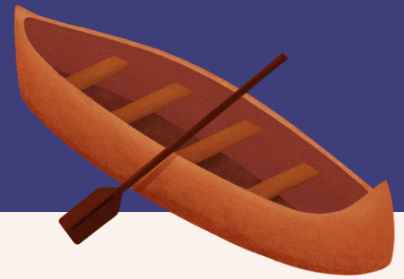


Relationships



Learn to manage your relationship

It's common to feel uncomfortable or affected by others' actions, and many people face similar relationship challenges. Relationships can enrich our lives but can also cause discomfort or harm. Recognizing healthy versus unhealthy patterns can help protect your well-being.

Healthy Relationships Are Built On:



- Mutual respect
- Trust
- Honesty
- Support
- Fairness and equality
- Good communication
- Maintaining separate identities
- A sense of playfulness and fondness

Relationship challenges can significantly affect mental health and wellness. Whether at work, home, or in daily life, the right approach can help you navigate them more effectively. If you're struggling, consider the strategies below.

Assertive Communication

- Know what you want and believe you have the right to ask for it.
- Communicate clearly and calmly.
- Remember the difference:
 - Aggressive: My needs matter; yours don't.
 - Assertive: Both of our needs are equally important.

Communicating Shared Goals

- When conflict arises, identify what you both want (e.g., "we both want less conflict," "we both want to feel closer").
- Shared goals help you work together toward a positive outcome rather than against one another.

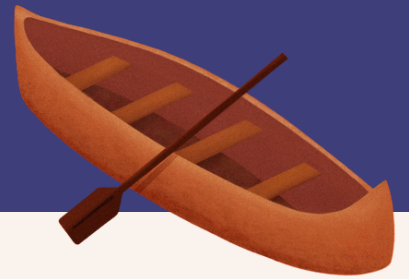
Shifting Expectations of Others

- It can be hard to meet our own or others' expectations of roles we play (partner, employee, parent, friend).
- Minimize frustration and conflict by being open, thoughtful, and realistic about expectations.





Relationships



Activity

The following activity can be used to explore the cause and effect relationship between actions or behaviours that are a common source of conflict or discomfort in relationships and can help facilitate assertive communication.

1. Find a quiet private space where you can take time to reflect on a circumstance within which you experienced relationship issues, and where you can complete the following worksheet.
2. Consider a circumstance in which an individual has made you feel uncomfortable feelings as a result of some specific action or behaviour.
3. Imagine an alternative to the triggering behaviour that in future, would help to avoid the resulting uncomfortable feelings.
4. When you have completed worksheet sentences, find an opportunity to speak with that individual using the completed sentence from this worksheet.

When you do _____

I feel _____

Could you do _____ instead?

Additional Resources

- **Books:** How to Talk to Anyone: 92 Little Tricks for Big Success in Relationships by Leil Lowndes, Conversationally Speaking by Alan Carner, and People Skills: How to Assert Yourself, Listen to Others and Resolve Conflicts by Robert Bolton, Ph.D.

Please note that this handout should not be considered as or substituted for medical advice, diagnosis, or treatment. Layla is not a healthcare provider so your use of this article is at your own risk. If you or someone you know are in need of immediate care, are in crisis or danger of harm, call 911 or proceed to your nearest emergency room immediately. If you are experiencing extreme sleep issues that disrupt everyday life and the solutions provided on this tips sheet have proven unhelpful, please consult a licensed professional for further support.