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Relationships can be repaired with communication

By Susan Kozak For The News-Herald 19 hrs ago



Photo courtesy of MetroCreative

As Valentine's Day – the national holiday for love – approaches, some may look at their relationship and wonder if it's healthy. What makes a romantic relationships healthy are the same attributes as with any relationship. One must be healthy emotionally.

A healthy relationship should bring more happiness than stress into your life. Every relationship will have some stress as well as difficult patches, but this should not be the norm.

Even the healthiest relationships can turn bad over time without communication and understanding. Communicating openly may seem simple, however, it is one of the most difficult things to do when egos are clashing or one person feels judged.

Often, relationships begin to drift apart because of this lack of communication.

What makes a healthy relationship?

A healthy relationship is when two people connect, based on the following:

- Trust
- Open communication
- Honesty
- Mutual respect
- Equality
- Maintaining own identity
- Forgiveness

Signs of an unhealthy relationship.

At times, any relationships may exhibit some of the following characteristics, however, unhealthy relationships will have these characteristics much more frequently:

- Neglecting yourself
- Manipulation
- Guilt
- Lies
- Disrespect
- Poor communication
- Controlling behaviors
- Jealousy
- Inequality
- Fear
- Isolation
- Abuse or violence

There are many ways to repair a relationship, including setting realistic expectations, being flexible and dependable, showing warmth, arguing fairly and taking care of yourself.

Relationships can be very complex and there are times when you should seek help, such as:

- When you have decided to end a relationship, but find yourself still in it.
- When you think you are staying in the relationship for the wrong reasons, such as fear of being alone, or guilt.
- When you are unhappy in the relationship but cannot decide if you should accept your unhappiness or try to improve or end the relationship.

- If you have a history of staying in unhealthy relationships.

Having a mental health provider or counselor may help in sorting out relationship challenge. Through our own efforts at maintaining emotional health, we can enjoy happy, healthy relationships and be a source of joy for those around us.

Susan Kozak has been a licensed social worker for the past 31 years and currently serves as executive director of Community Care Services, a position she has held since 2011.



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