



Healthy Relationships

Life is busy. At times work, or leisure activities can conflict with relationship needs.

Stress, values, and expectations can impact a relationship.

Understanding each other's values, needs and expectations can help you work towards a stronger relationship.

Values and Expectations

Everyone has different values and expectations when entering a relationship.

During the early stages of a relationship, it is easy to overlook your partner's perceived faults. Little issues that may bother you do not seem a big deal, or you assume your partner may change.

People change throughout their lives. But we should not enter a relationship expecting our partner will change to suit our needs.

You may have different values, interests, and expectations to your partner. It's a good idea to talk about what these are at the start of your relationship. This helps to avoid conflict further on when you might expect your partner to change.

Some ideas on how to start this conversation is to think of:

- Expectations you have for relationships.
- Expectations you have of your partner.
- Do you have any unrealistic expectations?
- What steps can you take to change these views?

Share these with your partner and talk through expectations they have.



Balancing Life and Relationships

It can be hard to balance the time you spend with your partner and the time you spend on other parts of your life.

Deciding where you will both live, who will work or study, and sharing household duties can also be hard.

Having balance in your life (family, work, leisure activities and time with friends) is an important part of a healthy relationship.

Tools to Help Balance Aspects of your Life

There are no perfect relationships and no such thing as a stress-free life. But there are ways you can keep harmony, balance, and passion in your relationship.

Each week pick one of these and work with your partner on it during the week.

Prioritise: list five most important things in your life. If your partner is not a priority, your relationship will decline.

Perfection isn't Reality: you cannot expect your partner to be perfect. It isn't realistic.

Always communicate: the busier you are, the more you need to communicate with your partner. This can help to make sure important events aren't missed and so your partner knows how important they are to you.

Be protective of time: protect quality time with your partner. Schedule blocks of time with your partner such as date nights, or family days.

Do 'homework' together: fix meals, clean the house or help with the kids together. This can provide time to talk and build your relationship.

Managing Conflict

Conflict can be distressing. It can sometimes be hard to get a resolution which can make the situation worse.

If you reframe your thinking and see it as a sign of growth, managing conflict can help you become closer. This requires understanding that conflict will occur in any close relationship.

So how can you achieve this?

- **Don't sweat the small stuff:** agree not to make something a battle unless it is truly important. Not every disagreement needs to be an argument.
- **Exercise patience:** try taking a few deep breaths, take a break and revisit the discussion when tensions are not so high.
- **Understand expectations:** remember, your partner may have different expectations when approaching situations.
- **Leave it in the past:** once you and your partner have shared your side, agree to let it go.

Love Language

Understanding 'love language' can help you realise what expectations you may have.

There are five different love languages:

Words of affirmation: e.g., compliments, positive feedback.

Quality time: e.g., spending time together and being listened to.

Receiving gifts: e.g., putting time and thought into buying or creating a gift.

Acts of service: e.g., doing practical tasks for your partner.

Physical touch: e.g., affection and loving touch.

Next Steps

For more information on our services and how they can support you, or to find your nearest centre:

Call 1300 364 277

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