RELATIONSHIP Rx.

"Prescription for Keeping Your Relationship on Track"

Here are some issues and ideas you will find very useful exploring together.

1. Communication: uninterrupted time; open listening; express feelings,

thoughts and needs clearly; clarify understandings; explore and change negative thoughts; use 'I-statements'; empathic respect; write to each other

2. Problem solving: identify preferences; set goals; generate options; test

solutions; try other solutions if necessary; evaluate

3. Managing conflict: diffuse anger; explore values; identify real issues;

tolerate differing opinions; generate solutions; test/reexplore options; use appropriate humour; make-up; plan future strategies; ask for, and grant, forgiveness

4. Shared activities: couple as a 'team'; celebrate anniversaries, birthdays;

regular 'dates'; travel; traditions; rituals; reminisce

5. Solo activities: each person having separate interests and hobbies

6. Intimacy: quantity time; express love; discuss needs; make

requests; satisfying sex life; plan activities; quiet

moments; relaxation; fun times; holidays; travel

7. Connections: meal times; socialise with friends; time with family

and in-laws; nurture intergenerational links

8. Wellbeing: values; spirituality; community; volunteering; nature;

health; culture; exercise; nutrition; art; theatre;

literature; movies; music; dance

9. Lifestyle: children; roles; housework; finances; career; be bold

and optimistic; pets; explore purpose/happiness in life

10. Networks: consult with your GP; relationship specialist;

religious minister.

Dr. John Barletta MAPS Clinical Psychologist Level 1, Suite 2 3 Days Rd, Grange 4051 3356 4400 john@johnbarletta.com www.johnbarletta.com