

HEALTHY VS UNHEALTHY RELATIONSHIPS

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CONTROL ISSUES

THERE MAY BE CONTROL ISSUES IF-



- ▶ You feel that your opinion doesn't matter
- ▶ You always have to walk on eggshells to keep your partner happy
- ▶ You feel you have lost your independence or lack a sense of self-worth
- ▶ You feel criticized in everything you do

*Couples with **control issues** often don't even realize there's a problem. “**That's just the way he is**” or “**she's always been bossy**” may indicate that you have accepted behavior that is “**unacceptable**” for a healthy relationship.*

QUESTION: HOW DO YOU KNOW IF YOUR PARTNER IS TRYING TO CONTROL YOU?

They may:

- ▶ Try to manipulate you to get what they want
- ▶ Be overly critical
- ▶ Make decisions for you rather than asking first
- ▶ Be a dictator



Insecurity- Short Film (2014)

<https://youtu.be/NtGtpxl9Thw>

QUESTION: HOW DO YOU KNOW IF YOUR PARTNER IS TRYING TO CONTROL YOU?

- ▶ Be spiteful
- ▶ Be demanding
- ▶ Be inconsiderate of your feelings because their feelings are more important
- ▶ Make threats to get their way



Control Issues: Is It ME? Or is it YOU?

No one can “MAKE” you do anything. Usually, you willingly give in (to avoid conflict).

This is not good practice. You tend to sacrifice yourself for the benefit of others at your own detriment.

On the other hand, if you engage in any of the previously discussed behaviors—
YOU HAVE CONTROL ISSUES!

**REMEMBER- THE ONE PERSON YOU CAN
CONTROL IS YOURSELF!!**

Here are things you **DO** have control over:

1. Your perception
2. Your attitude
3. Your words
4. Your behavior



Reciprocation is Important

Showing love is more effective– It gives your partner motivation to give love in return.



ROLE PLAY ACTIVITY

CONTROL IS NOT AN OPTION FOR RELATIONSHIP SUCCESS

For a HEALTHY relationship

BE ASSERTIVE

Not Passive or Aggressive

HEALTHY BOUNDARIES

ESTABLISHING HEALTHY BOUNDARIES



Healthy personal boundaries are- physical, emotional or mental limits that we have to protect ourselves from being manipulated, violated or used.

ESTABLISHING HEALTHY BOUNDARIES

These boundaries help to reduce unnecessary stress in your relationships by setting standards that you feel comfortable.



5 THINGS TO KNOW:



#1 -Know what is acceptable to you- don't allow others to treat you in a way that makes you feel uncomfortable

5 THINGS TO KNOW

#2- Know your own self-worth- embrace the uniqueness of who you are- don't allow others to define you

#3- Saying “NO” is OK- you don't have to please others at your own expense; being “self-centered” can actually be beneficial to your well-being

5 THINGS TO KNOW

#4- “Know Thyself”- you know yourself better than anyone else- how you feel, what you think, what you want- your needs are equally as important as anyone else’s

5 THINGS TO KNOW:

You have the right to protect yourself from harm-
don't allow others to take advantage of you-
especially when you see the RED FLAGS- you don't
feel appreciated, you feel resentful, or you try to
hide your feelings not to upset someone else

HOW TO DO IT:

1. **Be Direct-** don't "beat around the bush"
2. **Be Assertive-** speak up for yourself
3. **Be Self-Aware-** know your feelings and thoughts

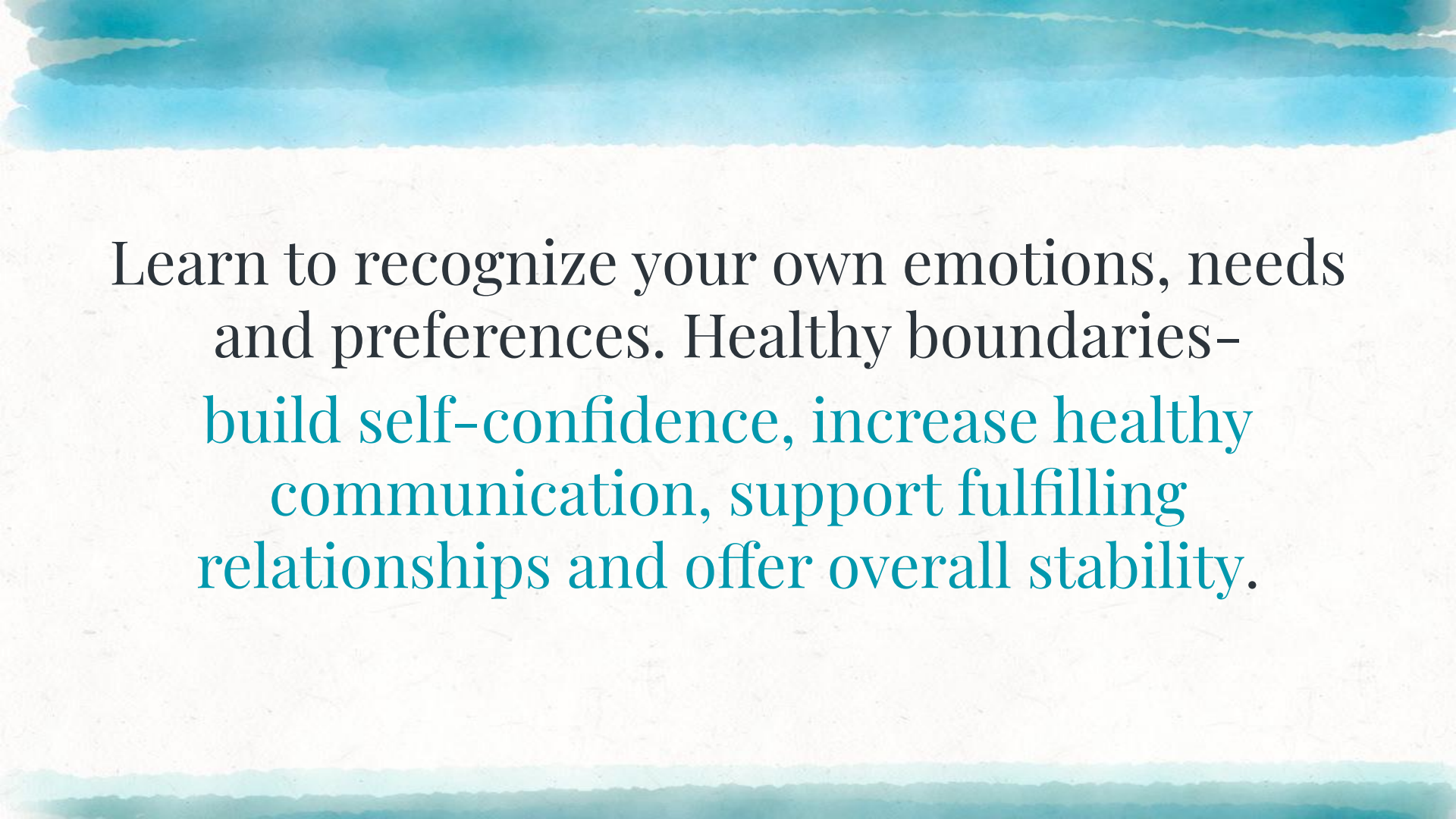


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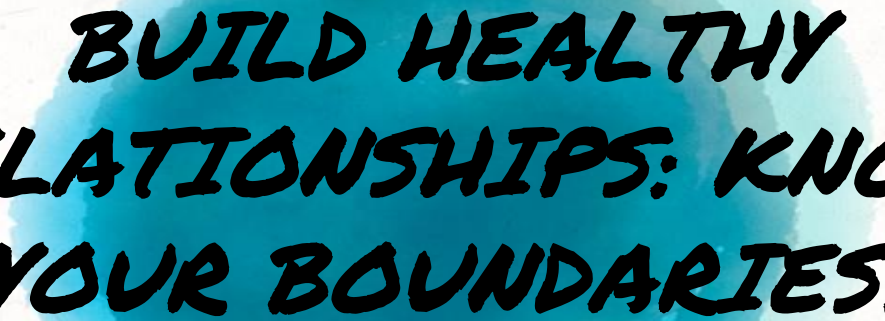


3. Set Limits- know what you will not tolerate and what is acceptable for you

4. Have Self-Respect- know that you have your own identity, take care of your well-being



Learn to recognize your own emotions, needs and preferences. Healthy boundaries—
build self-confidence, increase healthy communication, support fulfilling relationships and offer overall stability.



**BUILD HEALTHY
RELATIONSHIPS: KNOW
YOUR BOUNDARIES!**

Knowing Your Triggers with Fox 16



GIVING SPACE

SO WHY IS SPACE IMPORTANT IN A RELATIONSHIP?

Early relationship vs. Mature relationship



WHEN YOU REFUSE TO GIVE YOUR PARTNER SPACE, THEY MAY FEEL:

- ▶ Crowded
- ▶ Smothered
- ▶ Annoyed
- ▶ Irritated
- ▶ Overwhelmed
- ▶ Burned-out



DON'T MAKE ASSUMPTIONS



Giving our partner space DOES NOT MEAN they don't love us or want to be with us anymore. Sometimes, they just need a break.

6 REASONS YOUR PARTNER MAY NEED SPACE:

1. To grow
2. To heal
3. To defuse
4. To rejuvenate
5. To think
6. To respond



GIVING SPACE MEANS YOU...

- ▶ Respect your partner's needs.
- ▶ Want to decrease tension between you.
- ▶ May need a timeout yourself.
- ▶ Feel your gift (of space) will be reciprocated.

WHAT DO YOU THINK?



<https://www.youtube.com/watch?v=Y0vs4HzhZxk>

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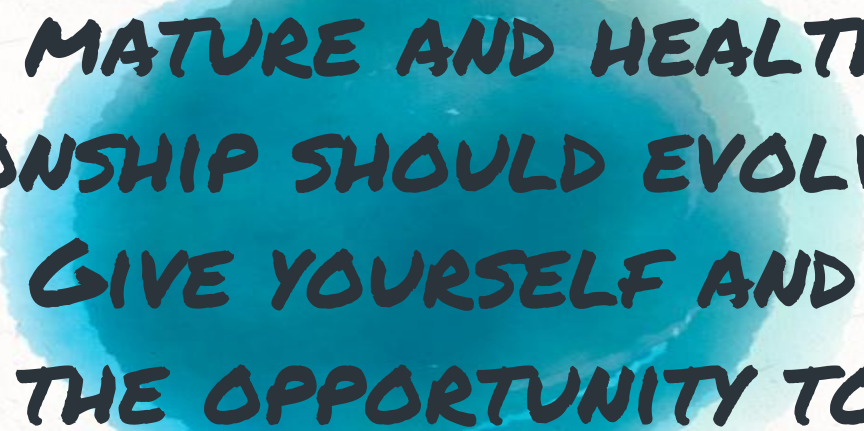
The RUBBER BAND Analogy

USE YOUR TIME WISELY!

When you give one another space–

- ▶ you learn to appreciate your relationship more
- ▶ you learn to respect your quality time together.

****Free time can be used for hobbies, personal growth, or building friendships with others.****



**A MATURE AND HEALTHY
RELATIONSHIP SHOULD EVOLVE OVER
TIME. GIVE YOURSELF AND YOUR
PARTNER THE OPPORTUNITY TO GROW...**

KNOWING YOUR RELATIONSHIP TRIGGERS ON FOX 16 GOOD DAY "BUILDING RELATIONSHIPS"

<https://www.fox16.com/klrt-good-day/building-relationships-knowing-your-relationship-triggers/1322684629>

