

Effective Communication

The key to successful relationships is effective communication - talking and listening. Here are some tips to help you toward success:

- ✓ Be aware of the **mood and setting** – if either of you is tired, stressed, or angry, it is difficult to communicate without misunderstanding.
- ✓ Be aware of how the other person will likely **perceive** what you say or do.
- ✓ **Body language** – as much as 80% of what we communicate is non-verbal, so be sure your tone of voice and body language convey the meaning you intend.
- ✓ **Reflective listening** – listening should be an active form of communication. Completely focus on the other person, and give appropriate feedback from time to time.
- ✓ Give the **benefit of the doubt** – realize that there may be more than one meaning or interpretation of what they have said or done.

Services

Counseling Services

2nd floor, English/Counseling Services
www.k-state.edu/counseling
785-532-6927

Family Center

Campus Creek Complex
www.humec.k-state.edu/familycenter
785-532-6984

Office of Student Life

102 Holton Hall
www.k-state.edu/studentlife
785-532-6432

Women's Center

206 Holton Hall
www.k-state.edu/womenscenter
785-532-6444

If you have questions regarding K-State HD or services on campus, please contact us at:



K-State HD
Office of Student Activities
& Services
Ground Floor, 809 K-State
Student Union
Manhattan, KS 66506

Phone: 785.532.6541

Fax: 785.532.7292

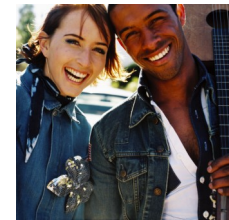
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Healthy Relationships



Information and Tips

Brought to you



Relationships

Finding & Forming a Healthy Relationship

Be Involved

- Get involved on and off campus in activities that will help you meet a variety of people.
- Hang out in groups before you start focusing on an individual.
- Use caution in going to parties to meet someone rather than having fun. Besides, bars and parties often do not allow you to get to know the real person.

Know Yourself

- You need to decide what you want before you know who you want.
- Know your own core values.

Be Honest

- You need to know yourself before you can know someone else.

Core Values

- Major differences may be attractive at first but can lead to conflict later.

Keep your own life/your own friends

- Avoid getting too exclusive too quickly.
- Remember: The ideal is to be joined at the heart, not at the hip.

Fighting Fair



It is inevitable that couples will have disagreements – so it is important to learn how to deal with those issues positively, rather than have regrets afterward.

1. **Choose your battles.** Not everything is worth fighting about.
2. **Speak quietly and respectfully.** Most people react negatively when they feel attacked.
3. **Choose your words carefully.** Words DO hurt, and are remembered forever.
4. **Don't bring up the past.** The past is what it is – leave it there.
5. **Don't fix the blame, fix the problem.** Figuring out whose fault it is rarely helps.
6. **Always go for win-win.** No one wants to “lose” – find a way both of you can feel respected.
7. **Never threaten** – physically or emotionally (“It’s my way or else I’m out of here!”)
8. **Allow for time-outs** or periods to cool off.
9. **Don't call home.** Telling others about the fight only hurts the relationship in the long run.
10. **Don't go to bed angry.** You don't want to wake up in the morning facing the same battle.

How do you know you've met the right person?

This is a challenging question, and there are no easy answers. However, there are some things to keep in mind that may increase your chances of finding the “right person.”

- ◆ How does this person make you feel about YOU?
- ◆ Do you truly enjoy being with this person? (If not, what is your motivation for pursuing this relationship? Healthy relationships take effort, but should not require hard work to get them started.)
- ◆ Be careful of “one and only” or “love at first sight” myths.
- ◆ Give credence to the reactions, opinions, and advice of friends and family. Generally, they are truly looking out for your well-being.
- ◆ Do you complete each other? Do you bring out the best in each other? Do you allow/encourage each other to grow as a person as well as growth within the relationship?

