

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/re-explore 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.