

Relationship Enrichment

Living in a close relationship with another person can be a source of comfort, support and fun and also, at times, a source of distress, frustration and despair. Close relationships typically go through phases of development with normal highs and lows in attraction, energy and enthusiasm.

Relationship satisfaction may also be influenced by such things as our level of fatigue, communication, problem solving skills and stress management. Other influencing factors include work, family and financial pressures.

A healthy relationship is one which changes over time and requires much effort. It seems that every relationship develops problems at some time; the important thing is the solutions you apply to these problems.

Warning Signs of Relationship Breakdown

Noticing early warning signs of breakdown often makes it easier to adopt effective solutions.

- Abandonment of joint activities
- Recurring arguments which are never resolved
- Feelings of dissatisfaction and unhappiness
- Preoccupation with interests and activities outside the relationship, leaving one partner feeling neglected
- Becoming emotionally and/or sexually involved with a person outside the relationship
- Arguments over parenting
- Increased fatigue and reduced motivation

Some Starting Points to Improving Relationship Satisfaction

- Be conscious of the way you and your partner relate, trying to make it positive
- Spend quality time together
- Talk about your thoughts and feelings
- Seek to resolve issues rather than recycle them
- Break big problems into smaller parts and only discuss one at a time

Improve your relationship by seeking the support of a skilled psychologist. Contact Solution Focus Psychology on **1300 734 042**.

Visit our website www.solutionfocus.com.au

When is a Good Time to Get Professional Help?

- If your relationship has some of the early warning signs, it is time to seek support.

Psychologists can help you:

- Understand your relationship
- Clarify each others expectations of the relationship
- Explore how both partners have contributed to the relationship breakdown
- Discuss how both partners feel about each other
- Discuss what both partners are prepared to do to improve their relationship

Our Psychologists are non judgemental keeping a balanced perception of the contributing influences from both partners. They will not tell you what to do but rather equip you with skills to enable you to relate better and develop effective communication and problem solving techniques.