

BUILDING A HEALTHY & RESILIENT RELATIONSHIP

Research on romantic relationships suggests that there are three main components of love, which are passion, intimacy and commitment. Romantic relationships can be quite rewarding, but can also be tested during adversity. It is important to build a resilient relationship, which can weather life's storms.

CHALLENGES IN RELATIONSHIPS	TO BUILD RESILIENCE
Communication challenges	Practice open and safe communication
Broken trust	Repair trust
Lack of intimacy (emotional & sexual)	Establish healthy intimacy
Struggling to move on from past challenges	Openly speak about unresolved past issues
A clash in parenting styles	Agree to work together on parenting
Disagreements around finances	Establish healthy boundaries & conflict management skills
Constant conflict/arguments	
Disagreements/conflict with in-laws	Openly discuss how to manage challenges with in-laws & agree on how to move forward
Feeling stuck & unhappy	Seek professional advice & assistance
Infidelity & dishonesty	Be intentional about building a healthy relationship
Various forms of abuse	
Divorce or separation	Refrain from any abusive language or behaviour
Substance misuse	

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Whether you are facing difficulties in your relationship, health, career, or you just want to talk. That's what we're here for. Feel free to contact us.

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