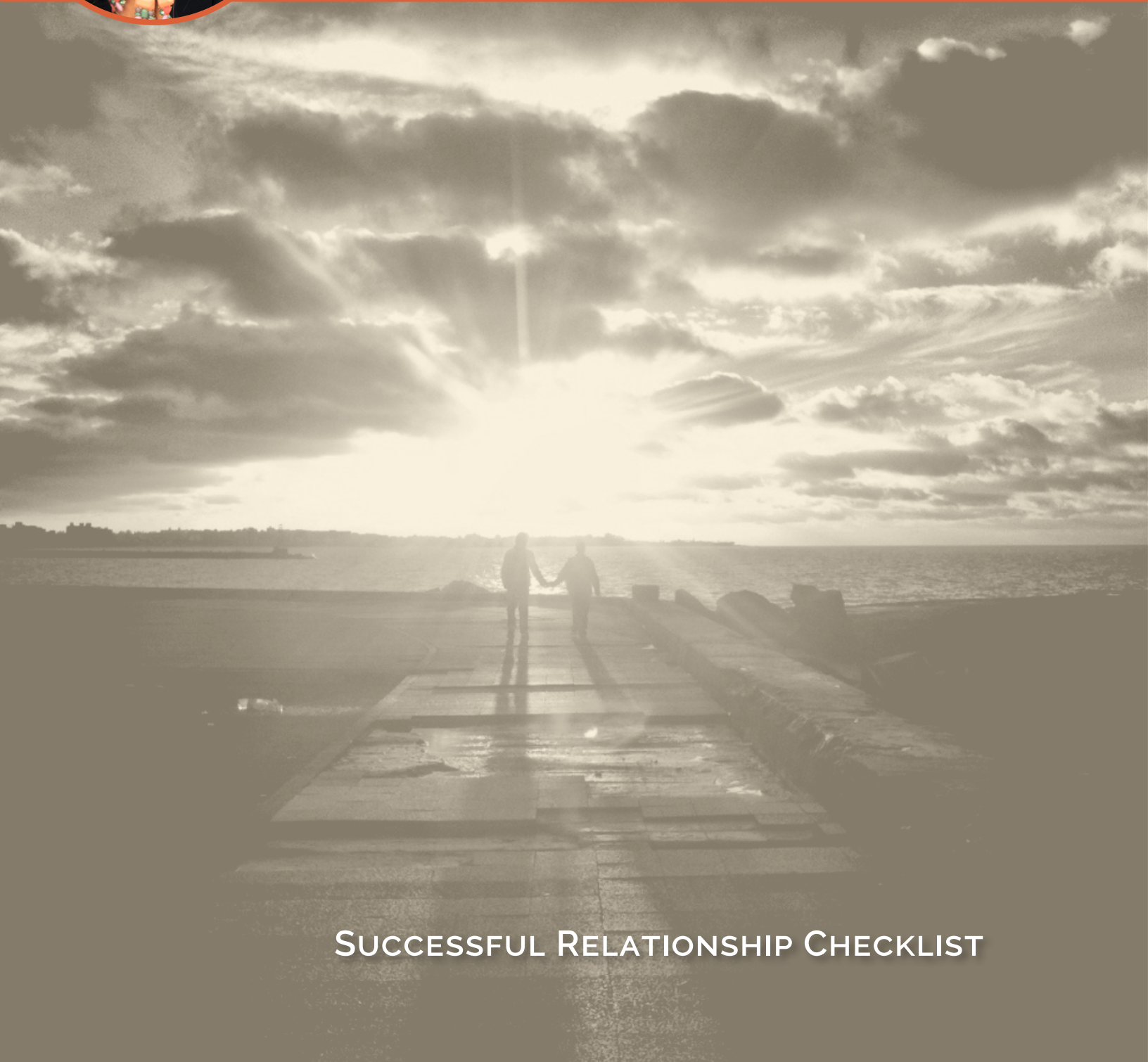




D DEBORAH
M. Morehead

DEBORAH MOREHEAD, M.S., MFT



SUCCESSFUL RELATIONSHIP CHECKLIST

WWW.DEBORAHMOREHEAD.COM • DEBORAH@DEBORAHMOREHEAD.COM • 626.831.4721 • P.O. BOX 194 • LA CANADA, CA 91012

Photo by *Fede Racchi*

2015© DeborahMorehead, LLC

WHAT MAKES A SUCCESSFUL RELATIONSHIP?

Here's Your Successful Relationship Checklist

You want a successful relationship. Right? But what does it take to create and keep one? Below are 4 broad areas you can assess in order to create and maintain successful, healthy relationships:

COMMUNICATION

- Open and Honest Communication
- Explicit and Clear in expressing yourself, your needs, wants, feelings, thoughts
- Use I statement
- Consistent curiosity in wanting to understand the other person's perspective
- Listen fully without interruptions
- Able to demonstrate empathy
- Willing to step into hard conversations
- You and me against the problem attitude
- Manage your own thoughts and feeling
- Take responsibility for your actions
- Able to admit mistakes and say I'm sorry
- Evaluates and accepts constructive criticism
- Calls the other person on their stuff
- Use of humor and other attempted actions to break up too much tension or escalation
- If you get flooded take a time out

ACCEPTANCE & APPRECIATION

- Deep quality friendship who like each other
- Know each other well and know what's important to the other person
- Daily actions based on what you know of them to maintain friendship (ie pick up favorite food for him/her)
- Supports the other person's hopes and dreams
- Sense of mutual purpose in life
- Honor and respect each other
- Accept who they are,
- Support them to be best of who they are
- Accept and even celebrate the differences
- Show appreciation regularly
- Asks for the other person's opinions and thoughts and let them influence you
- Thinks fondly of the other
- Admires them
- See and acknowledges the other person's strengths
- Demonstrates random behaviors to boost the connections and relationships (not keep tabs)
- Thank yous and please are utilized
- You interpret their behaviors (positive or negative) from a positive perspective, giving them the benefit of the doubt

Successful Relationship Checklist—p2

FUN

- Regular intimate sex
- Non sexual affection and touch
- In small day to day moments connect and acknowledge each other
- Joy in little things
- Being fully present to that moment
- Do things you use to do that were fun/go on date nights/or even snipit dates
- Enjoy each others company
- Hold fondness for past memories
- Make time to listen to each other
- Playful communication and humor (silly system for kisses, etc)
- Surprise each other in small ways (or big ways) occasionally

EBB AND FLOW

- Accept there is constant changes and that relationships go through phases
- Allow for changes and growth in self and the other but know it doesn't have to be a threat to the relationship
- Allow for closeness and distance,
- Allow for dependence and independence
- Allow for together time and separateness
- Have, keep or create friends, hobbies, activities that are your own
- Have, keep or create friends and activities that belong to the relationship
- Allow for ho hum times in relationship and know it doesn't mean there is a problem
- Accept the differences between you and partner
- Practice making decisions together
- Create and choose "us" and "we"
- Regularly assess how things are going in the relationship
- Work on or do something for your relationship every day
- Bring in gratitude, forgiveness (for self and other) and thanksgiving into relationship

Warning signs the relationship is going the wrong direction includes a regular pattern of the following: criticism, nagging, trying to change the other person, blaming, judging accusatory statements, hatred/contempt, sarcasm, being cynical, defensiveness, disconnect/disengage emotionally or even physically, blow ups and emotional flooding, quid pro quo(keeping tabs), and distorted interpretation of everything they say and do from a negative perspective (he didn't do what I asked — he only cares about himself).

How many of the actions in the successful relationship list is part of your current relationship? Even if you have a low count on the successful relationship list and you have identified that a lot of the warning signs are part of your relationship. It doesn't mean it has to be the end of the relationship. It will take some work but there are specific things you can do to turn it all around. And that is where I can come in to help you.