

RELATIONSHIPS

by

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Relationships are what makes the world go around as depicted on television, in the movies, in social media and in most aspects of life.

Relationships are an essential part of our meaning and purpose in life. What is important regarding relationships is we all need companionship, acceptance, approval, (being liked) and being loved. When this doesn't happen there is sadness, grief, hurt, anger, resentment, dysfunctional and negative thinking and behavior, alcohol and drug abuse and broken relationships.

To achieve a healthy and loving relationship we need to rule out and decrease dysfunctional and unhealthy behavior. Some examples of dysfunctional behavior are abusive, rejecting and neglectful behavior, dominating and controlling behavior, having to win, criticalness and being judgmental, selfishness, lack of empathy, dishonesty, manipulation, guilt provocation, playing 'poor me' not taking responsibility for your behavior, not learning from your experiences, codependency and losing yourself in the relationship.

The importance of treating each other with respect relating in an 'I win, you win' equal way, being positive, being honest, being other centered, listening in an empathetic way, taking responsibility for your actions, apologizing, learning from past experiences including family and upbringing influences, maintaining your individuality and give each other what you can as partners in love will contribute to a fulfilling, meaningful and happier relationship. We all need to love and be loved which we have been created to do.