Figuring It Out Together
Building Relationships for Healing and Hope

One thing we know about mental health is that it is impacted by the relationships we have with the people around us. Relationships can impact mental health conditions, sometimes they help heal and sometimes they harm.

There are many different relationships at play in our lives. Some of these are...

• With God/Spirit/Higher Power
• With Family
• With Significant Others
• At Work
• With Kids
• With Friends
• With Animals/Nature
• With Self - When every other relationship is challenged you always have yourself
• Other...

Key Muscles for Building Healthy Relationships

Muscle #1 Quit Taking it Personally - QTIP
Offering the Benefit of the Doubt

When we are able to notice our judgments and the blame we cast on others or ourselves, we are able to choose to give grace to imperfections. This reduces the defensiveness that immediately leads to conflict. From this place, we can act in ways that offer benefit of the doubt, which develops trust - the gateway to positive relationships.

Muscle #2 Using I-Statements to Communicate

When we notice how we are feeling and what we need, and then choose to voice it in a way that is accountable and compassionate, our words are more likely to be received as authentic and powerful rather than accusatory and harsh. Others become more open and willing to receive; to listen to us, relate to us, and learn from us.

Muscle #3 Ask vs Tell

When we begin to notice what our intentions are when communicating, we are able to choose what position we want to be in. When we ask, we learn to be problem solvers, and open ourselves up to new possibilities. When we tell, we already know the answer we’re looking for, distancing ourselves from others. Asking for what we need, rather than telling people what’s wrong, makes a significant difference in how we relate to others and them to us.