

HEALTHY RELATIONSHIPS BLUEPRINT



The qualities listed below do not follow a linear progression; They do not build upon each other but are of equal importance in creating a solid, fulfilling relationship. If you choose to put your intention on improving one area, it doesn't matter which one you start with. But one thing is certain, your relationship will improve once you obtain a better grasp of these qualities.



www.garwoodcounseling.com



C is for Compassionate Communication: Change the way you talk to each other and your Relationship will Blossom

Does blaming and shaming get in the way of you having the relationship you want? Compassionate Communication allows you the ability to talk through difficult situations and will heal your relationship.

H is for Honor: Working with your Differences Enhances Relationships

Are your own wants and needs blinding you to your partner's needs and dreams? Honoring your partner means accepting them as a separate human being with their own values, beliefs, thoughts and needs. You can love and validate your partner without completely agreeing.

E is for Esteem: Learn to Befriend or Change All Parts of Yourself

Do you find yourself constantly apologizing to your partner for who you are or what you do? Imagine holding your own Right to Be yourself without apology. This takes self-acceptance.

R is for Responsibility: Examine and Change what You Contribute

Do you blame your partner when you lack the connection that you crave? Take responsibility by examining and changing how you show up in the relationship. Make it safe for your partner.

I is For Integrity: Relationships Thrive When You Are Genuine

Does it feel like you are giving away who you are in the relationship? Self-awareness is the first step in reclaiming who you are and what you believe.





S is for Spending more Time together: Expect your Relationship to Improve when

You spend quality time together. Do you prioritize your relationship into your busy life? Increase your fun times together. Go to the beach, on a hike, to dinner or the movies. Choose another time to talk about problems.

H is for Heal: Healing Old Wounds Improves Relationship Dynamics

Do you frequently disagree with your partner or take things your partner says personally? Healing past wounding will go a long way in changing this.

LEARN MORE about the best techniques for building positive, loving relationships. **Contact me today if you have questions about any of the CHERISH items or you would like to schedule an appointment. I also offer 15 minute Complimentary Phone Consultation.**

Gail Garwood, MA, LMHC
gail@garwoodcounseling.com



www.garwoodcounseling.com