THE "HEALTHY RELATIONSHIP" CHECKUP
Take the “Relationship Quiz” to find out if YOU are in a healthy relationship!

Do you feel trusting of your partner? YES or NO
Do you and your partner communicate positively? YES or NO
Do you feel respected by your partner? YES or NO
Do you and your partner listen to each other? YES or NO
Do you feel supported by your partner? YES or NO
Does your partner allow you to be yourself? YES or NO
Do you feel you and your partner are a team? YES or NO

If you answered YES to most of the questions listed above congrats you are likely in a healthy relationship! If you answered no to most of the questions listed above you may benefit from talking with a professional counselor to develop healthy relationship patterns and beliefs. IUN Counseling Services offers free and confidential services to all IUN students who are enrolled on at least a part-time basis. The IUN Counseling Office has licensed professional social workers and counselors who are trained to meet the specific needs of college students!
Relationships are a part of all our lives. We have many different types of relationships, including friendships, family relationships, co-workers, and romantic relationships. Generally, the quality and level of happiness in our romantic relationships depends on whether we are in a healthy or unhealthy relationship. So how do you know if you are in a healthy/unhealthy relationship?

Leading relationship experts John and Julie Gottman have developed the “Gottman Method” for building and maintaining healthy relationships. Gottman’s research shows that to make a relationship last; couples must become better friends, learn to manage conflict, and create ways to support each other’s hopes for the future (Gottman, 2015)

Listed below are the nine components of “The Gottman Method” that build healthy relationships.

1. **Build Love Maps**: How well do you know your partner’s inner psychological world, his or her history, worries, stresses, joys, and hopes?

2. **Share Fondness and Admiration**: The antidote for contempt, this level focuses on the amount of affection and respect within a relationship. (To strengthen fondness and admiration, express appreciation and respect.)

3. **Turn Towards**: State your needs, be aware of bids for connection and respond to (turn towards) them. The small moments of everyday life are actually the building blocks of relationship.


5. **Manage Conflict**: We say “manage” conflict rather than “resolve” conflict, because relationship conflict is natural and has functional, positive aspects. Understand that there is a critical difference in handling perpetual problems and solvable problems.

6. **Make Life Dreams Come True**: Create an atmosphere that encourages each person to talk honestly about his or her hopes, values, convictions and aspirations.

7. **Create Shared Meaning**: Understand important visions, narratives, myths, and metaphors about your relationship.

8. **Trust**: this is the state that occurs when a person knows that his or her partner acts and thinks to maximize that person’s best interests and benefits, not just the partner’s own interests and benefits. In other words, this means, “my partner has my back and is there for me.”

9. **Commitment**: This means believing (and acting on the belief) that your relationship with this person is completely your lifelong journey, for better or for worse (meaning that if it gets worse you will both work to improve it). It implies cherishing your partner’s positive qualities and nurturing gratitude by comparing the partner favorably with real or imagined others, rather than trashing the partner by magnifying negative qualities, and nurturing resentment by comparing unfavorably with real or imagined others.

Adapted from "The Gottman Institute" 2015.