

Healthy Relationships

Podcast Transcript

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In any relationship there will be tough times, varied opinions and regrettable moments. The difference between healthy and unhealthy relationships is how you and your partner handle difficult situations.

At its core, a healthy relationship is based on the belief that both partners are equal. Each of you should possess the ability to listen in a non-judgmental manner, respecting differences and validating each other's feelings. A healthy relationship involves a commitment to support each other's goals in life. It also involves encouraging each other to be independent, having other friends and enjoying different activities and interests. It may mean making financial decisions together, and involves compromise, accepting change, and seeking mutually satisfying solutions to conflict. Finally, and most importantly, it means communicating openly and truthfully, admitting when you're wrong or have made mistakes, and helping the other person feel safe in the relationship through both your words and actions.

If you are in a relationship where you are not encouraged to share your opinions and where your opinion is not valued, you're not in a healthy relationship. If your partner tries to keep you from having close relationships with other people and does not support your involvement in activities that do not involve him or her, you are not in a healthy relationship. If your partner does not take responsibility for his or her actions, but is quick to blame you for his or her failures, you're not in a healthy relationship. If your partner does not support your right to make decisions about your own life, resorting to verbal abuse or physical violence to control you, you are not in a healthy relationship.

If you suspect that you may be in an unhealthy relationship, support and counseling are available to help you and your partner with communication and other relationship skills. If you live on or near a military installation, contact your local family center. You can also contact Military OneSource at 1-800-342-9647, that's 1-800-342-9647.

Do you feel unsafe or threatened in your relationship? If you are in an abusive or violent relationship, you may need additional help, and victim advocates are able to respond. Victim advocates can help address your concerns, help you with safety planning, and give you the information you need to access services that can help keep you safe. To find a victim advocate, call the installation operator or Military OneSource and ask for the number of the domestic abuse victim advocate. Immediate assistance is also available through the National Domestic Violence Hotline at 1-800-799-SAFE. If you are a victim of domestic violence or know of someone who is, don't wait. Call today.

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For more information, visit Military OneSource at <http://www.militaryonesource.mil>, an official Department of Defense website.