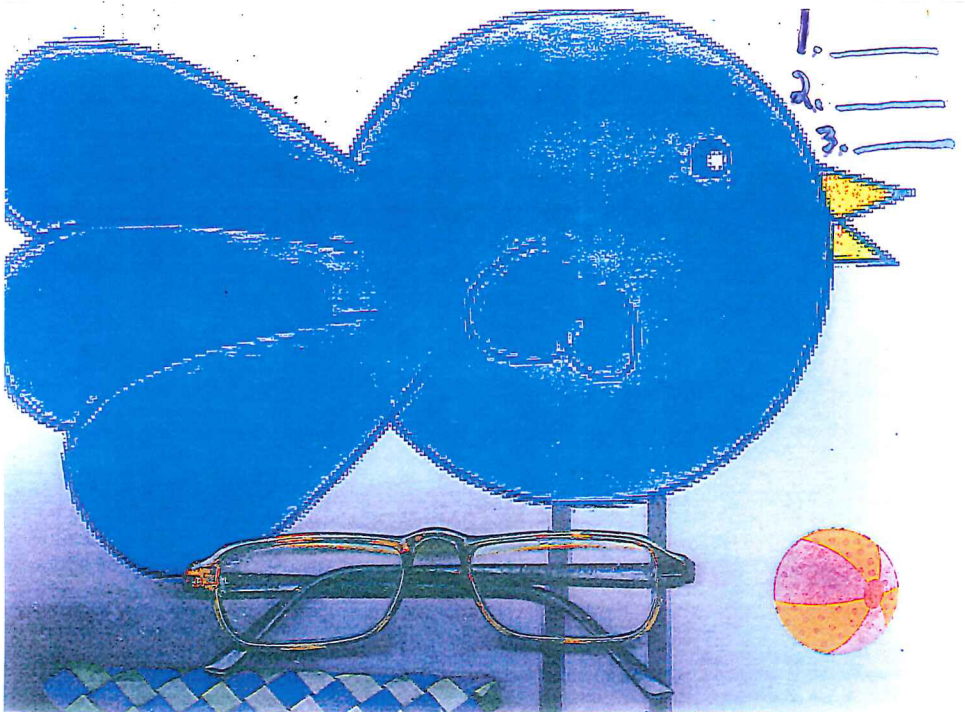


Live Better Series: “I can live a vital and meaningful life.”

“ACT: Healthy Relationships”

Tom Lavin MFT, LCADC, ACATA



Bluebird: I can live a vital, meaningful life. And, I accept I will sometimes have pain, and other times have joy, in my life.

New Pair of Glasses: to change my life, and grow in wisdom, I need to look at things differently.

Beach ball: I need to stop avoiding my life by pushing thoughts and feeling underwater. By being mindful, I will let my thoughts and feelings come up and accept them for what they are.

Finger trap: It is healthy for me to “accept what is as it is”. When I struggle against “what is”, I trap myself and cause suffering for myself. Accepting does not necessarily mean I like it.

1, 2, 3: I can live a vital and meaningful life by choosing and committing to values that are important to me—NIKE Therapy “Just do it!”, make a plan, don’t procrastinate, take action. Letting go and letting be is also a way of taking positive action.

1. Name 1 person you have had a “good” relationship with in the last year _____.
2. What makes that relationship “good” for you? _____.
3. Name 1 person you have had a “poor” relationship with in the last year _____.
4. What makes that relationship “poor” for you? _____.

5. How are you doing with building healthy relationships: score yourself and discuss (Scale of 1-5, 1 = not so good, 3 = ok, 5 = very good)

Keeping promises _____
Being honest _____
Respecting other's rights _____
Caring about others _____
Listening with empathy to others _____
Apologizing when I make a mistake _____
Forgiving another when he/she makes a mistake _____
Offering to help others in need _____
Not speaking ill of others _____
Being courteous _____
Being fair _____
Forgiving myself when I make a mistake _____
Not gossiping about others _____
Speaking kindly _____
Complimenting others _____
Thanking others _____
Able to say "NO" when necessary _____
Taking responsibility—not blaming others _____
Having compassion for others _____
Assertive-letting others know what I need _____
Living by healthy sexual values _____
Generously sharing with others _____

6. Based on your self-evaluation, what are your best relationship strengths? _____

7. Based on your self-evaluation, are there 1 or 2 characteristics you want to work on so you can do your part in developing good relationships? _____

"Who you are speaks so loudly I can't hear what you're saying."
Emerson

Love—extending ourselves for others—and for ourselves-- so we can live a good life. Love is not a feeling—it is a decision, a commitment.
Paraphrase, M. Scott peck "The Road Less Traveled"

Recommended reading: "The 7 Habits of Highly Effective People", Steven Covey