



# COUNSELING CENTER

## Revamp Your Relationships

As we learn and grow throughout our time here at Mines, reflecting on and wanting more from our intimate relationships (whether that be our romantic partner(s) and/or close friends) is a natural aspect that comes when we are engineering the life that we desire. If your relationships have weakened or are not as fulfilling to you now as they once might have been, join this workshop and learn ways to address these concerns. The lessons and individual challenges talked about in Revamp Your Relationships can lead you to dive deeper into not only your connections with others, but also the understanding you have of yourself.

Common concerns discussed in this workshop:

- Feeling complacent and/or unengaged in your romantic and/or platonic relationships
- Avoiding vulnerability with those that you are close to for fear that they will judge you
- Wondering if those closest to you truly know and/or understand who you are
- Not knowing how to help a friend or partner in a way that they will receive well
- Some of your relationships are emotional/mentally draining but you do not know how to begin “boundary setting” with said person or group
- Not knowing why we react poorly to someone’s attempt to show us that they care about us

Quick tips and strategies learned in Revamp Your Relationships:

- Understand and Advocate for your Love Language to be respected and honored in both your romantic and platonic relationships
  - At the same time, understand and intentionally work for your partner(s)’s or friend’s love language to be met through your own actions.
- Keep your expectations realistic.
  - No one can be everything we might want them to be. Healthy relationships mean accepting people as they are and not trying to change them.
- Commit to “showing up” and stay dependable for those you promise your presence to.
- Participate in conflict by staying true to yourself, but also exercising kindness to others.
  - Cool down before talking to avoid saying something that you might not mean.
  - Utilize “I Statements”
    - Share how you feel and what you want without assigning blame or motives. E.g. “When you don’t call me, I start to feel like you don’t care about me” vs. “You never call me when you’re away. I guess I’m the only one who cares about this relationship.”
  - Focus on the current issue, take responsibility for mistakes, and understand that not all conflict has to be resolved.
- Be Honest. If you want a deeper connection with someone in your life, tell them. This level of honesty and transparency with your intentions can lead to beautiful outcomes. Be brave and say what you want out of your relationships—it can bring about collaborative and constructive outcomes that change the game for you.

To learn more, attend our Wellness Workshop: Revamp Your Relationships!