

Presented by BU Happiness College

Healthy Connection in Relationships

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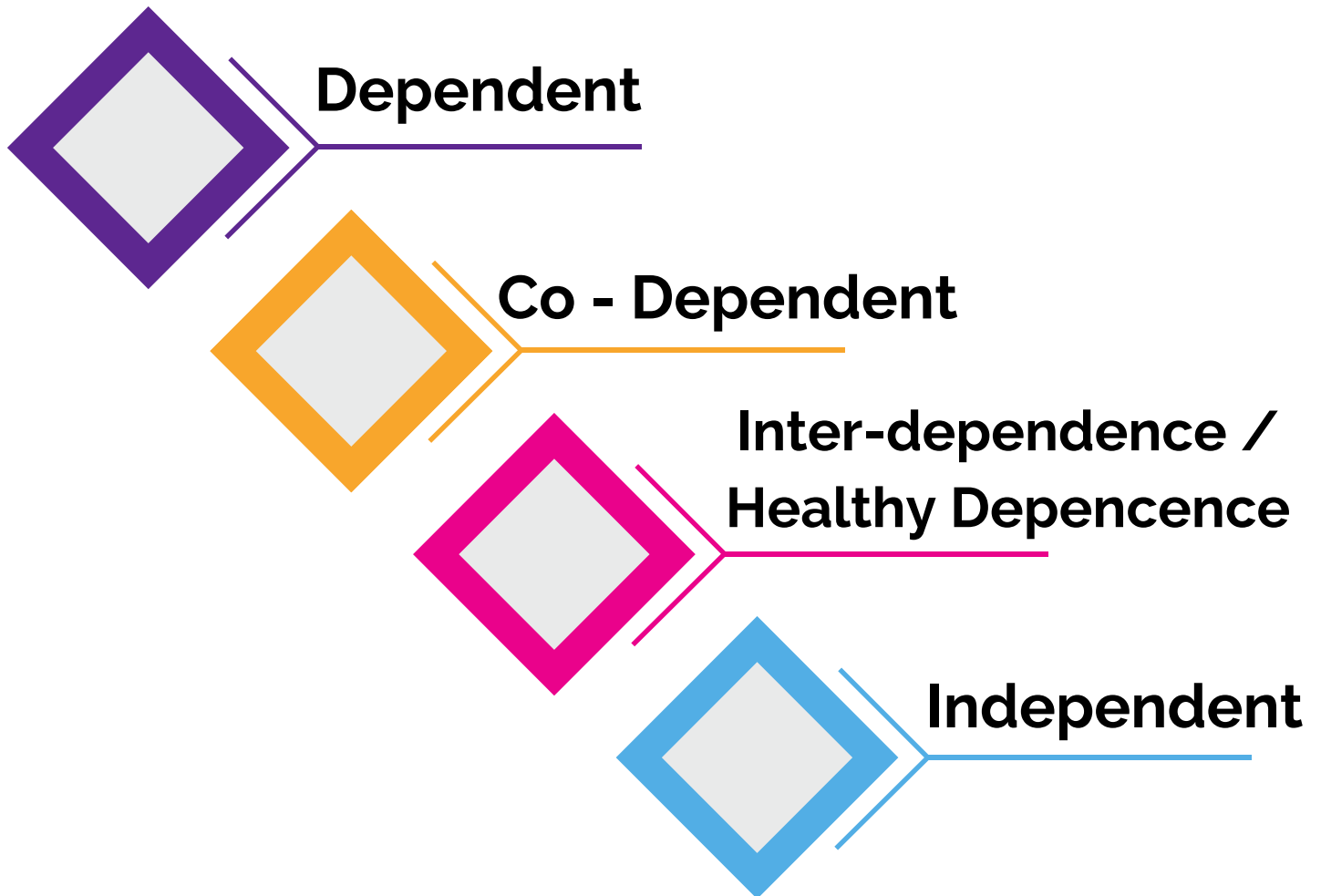
The quality of your life is the quality of your relationships.

- Tony Robins





The types of dependence





The types of dependence

Dependence

Wanting / needing validation or confirmation of feelings &/or relationship. Relying on your partner to meet all of your needs. Experiencing big emotions and looking to the other person before trying to navigate the emotions yourself. **Limitations:** can be seen or felt as clingy, suffocating or controlling by others. Can feel hard to trust their feelings in you.

Can look like: feeling anxious or lonely when the other person isn't around. Fear of rejection and feelings of jealousy and possessiveness.

Co-Dependence

Relies heavily on others for their sense of self and well-being. A intertwined sense of responsibility for the other person to meet your needs, but for you to also meet all of theirs. **Limitations:** emotionally reactive behaviours, low self esteem, feeling insecure, low self confidence

Can look like: Wanting to please others at the downfall or your own wants or needs (people pleasing), finding it hard to say no, relying on the other person for you to feel happy, your feelings or emotions being affected by how the other person is acting / feeling.



The types of dependence

Independence

A sense of 'I can do it myself' and 'I don't need help' Often can stem from trauma or a previous relationship breakdown where one decides they don't want to feel like that again, so builds a protective 'barrier' or wall. **Limitations:** Can push partners / friends away who enjoy or are looking for connection. Not trusting others, feeling overwhelmed from 'trying to do it all'.

Strengths: Self sufficiency, trust in oneself, trusting your opinions, feelings and judgements / decisions. Self determination. Autonomy & having things you like to do on your own

Steps forward: asking for help with small tasks. Gradually feeling more comfortable letting other help and assist and feeling grateful and appreciative. Realising you don't HAVE to do it all.

★ Inter-Dependence / Healthy Dependence ★

A healthy balance of dependance and independence: recognising and valuing the importance of bonds with others emotionally, while still maintaining a sense of self and trust of self. Vulnerability can create intimacy, the feeling of being needed, connection and feeling secure in the relationship. Can make someone that is independent feel that they lack something, are not good enough.

Can look like: Asking for help, being vulnerable, expressing a need.

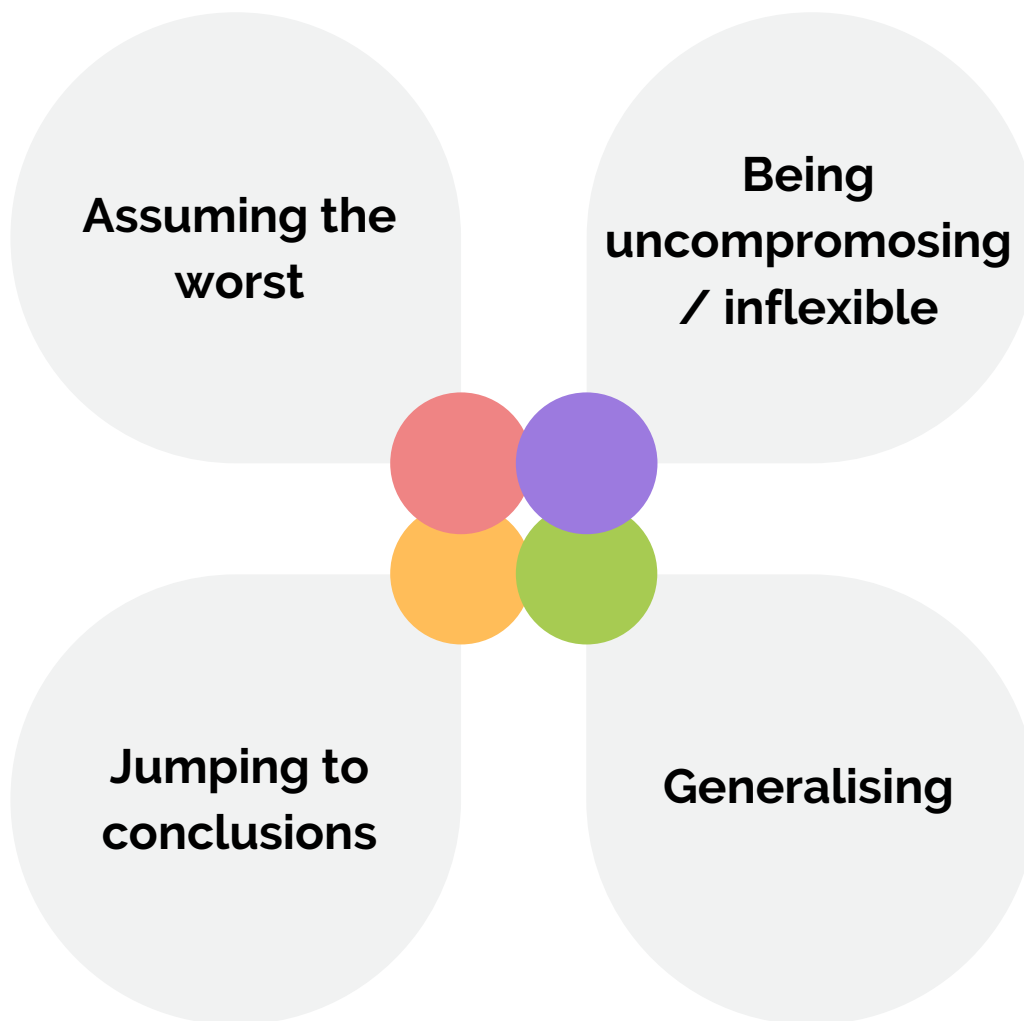
Strengths: healthy boundaries, active listening & communication, time for your own likes and hobbies, creating a safe space for others, healthy self esteem.



Cognitive Distortions that play into relationship patterns

Exaggerating the negative outcomes or overestimating the occurrence of negative outcomes. Can be based on past trauma as a protection mechanism.

Not being able to take a step back and see things from others' perspectives. A lack of empathy and compassion.



Assuming you know what others' are thinking or feeling without having concrete facts or evidence eg. thinking you know what your partner/boss is thinking or feeling without actually asking them.

Big sweeping statements - 'nothing good ever happens for me' 'men are liars' 'women are too emotional' 'why does this always happen to me' 'I can't find a relationship' 'No one wants to stay with me long term'.

Your Tools



**Create a strong sense
of identity**

Large empty rounded rectangular box for notes.



**Setting healthy
boundaries**

Large empty rounded rectangular box for notes.



**What standard are you
setting for others?**

Large empty rounded rectangular box for notes.

Your Tools



What can you ask or accept help with?



Recognising cognitive distortions



Have personal goals & actively work towards them

A photograph of a person's hands holding a pen and writing in a notebook. The person is wearing a dark shirt. The background is softly blurred, showing what appears to be a window with light coming through. The text 'Key Takeaways' is overlaid on the top left of the image in a large, white, sans-serif font.

Key Takeaways

Takeaway 1...

Takeaway 2...

Takeaway 3...



Citations & referencing

References

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