Relationships and Communication

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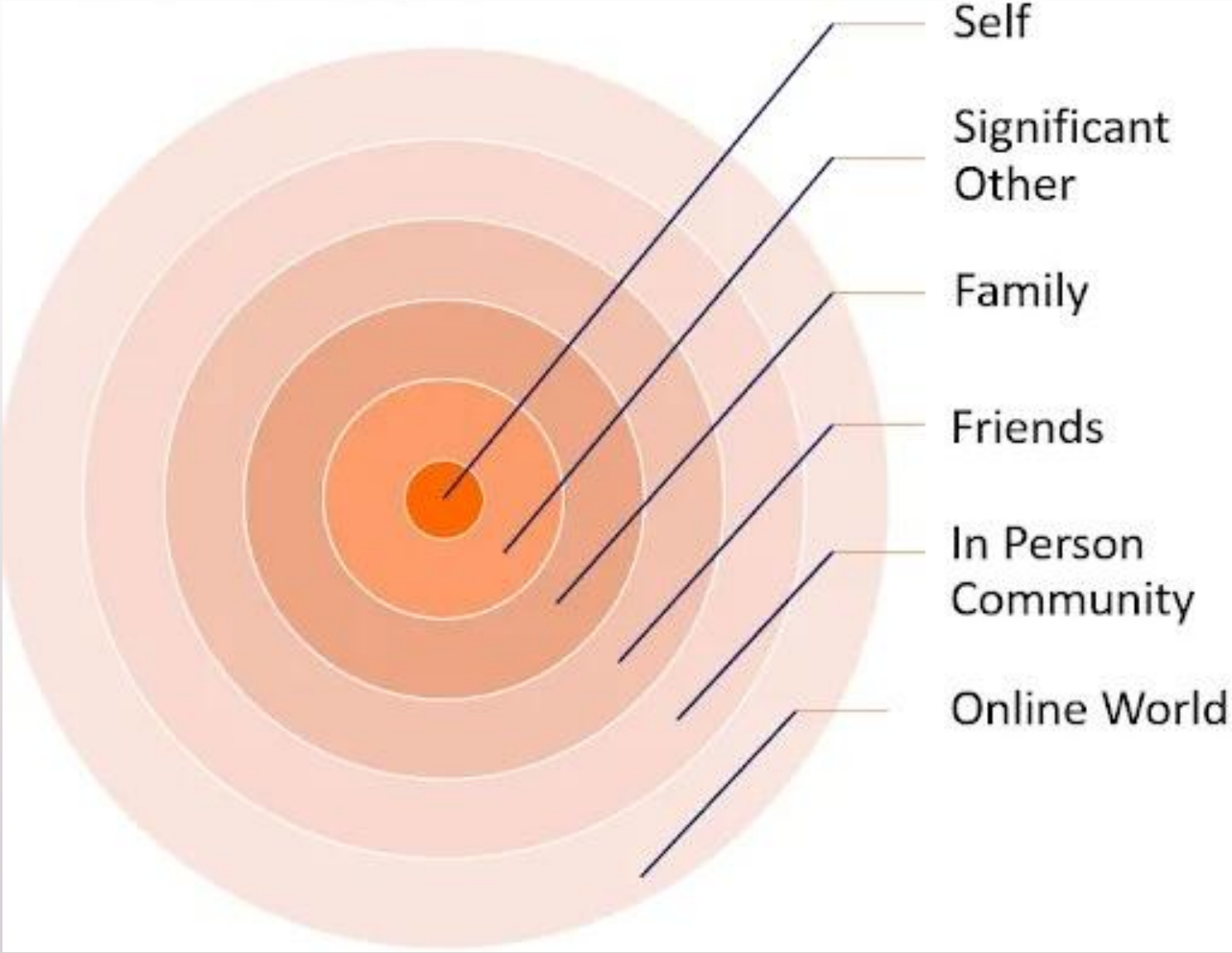
Changes in Relationships

- **Re-evaluation of yourself**
- **Loss of confidence**
- **Changes in personal boundaries**
- **New identity and focus**
- **Change, Loss or Abandonment – professionals, family and friends**
- **Partners – communication and intimacy**
- **Work issues**

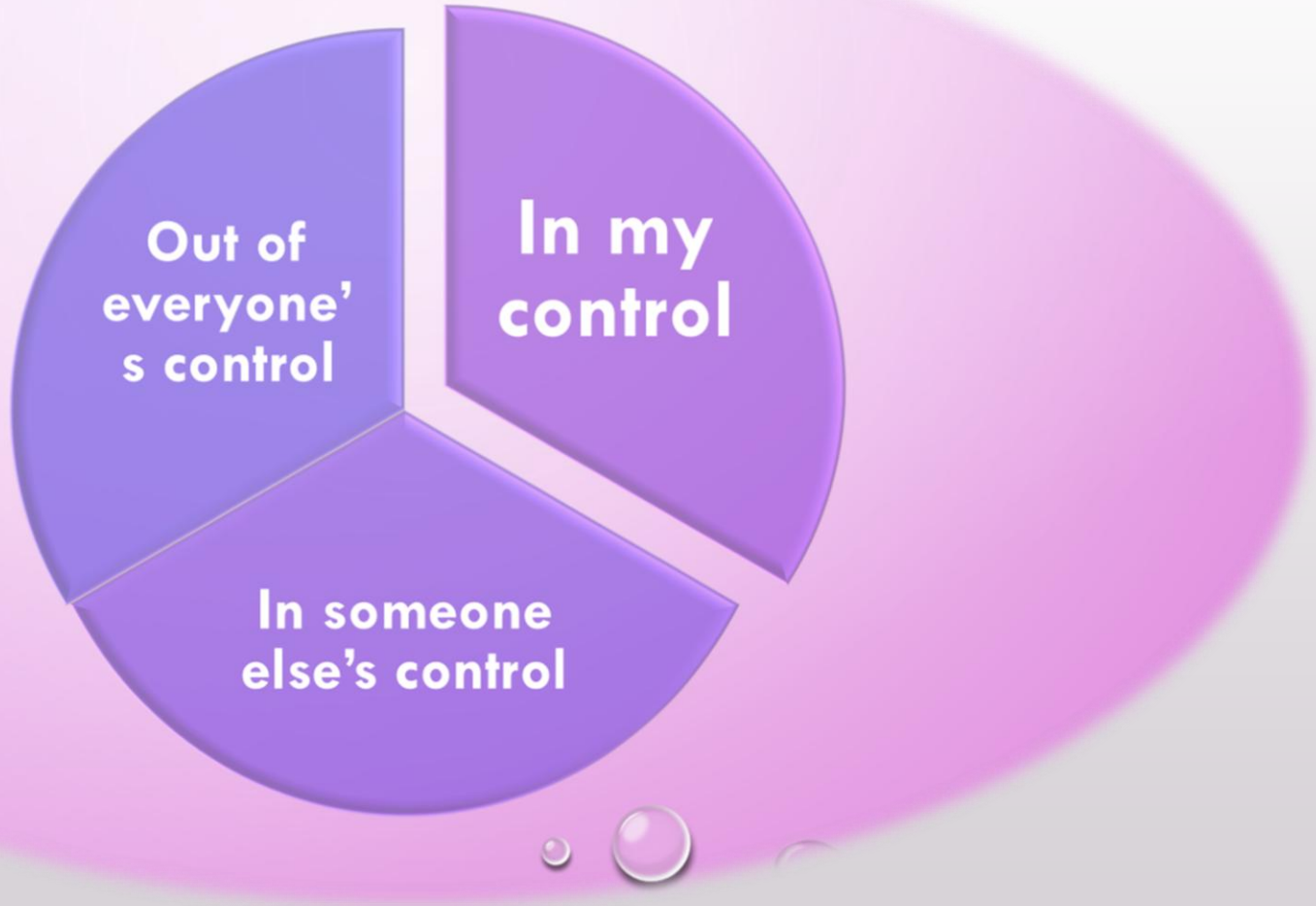
Adjusting to Loss

- Health and Wellbeing
- Energy
- Headspace
- Time for Self
- Friends and Family
- Work
- Confidence
- Naivety of the Past
- Expected Future

Healthy Boundaries



Areas of Control



Five Love languages – Gary Chapman

- Words of Affirmation - Saying supportive things to your partner
- Acts of Service - Doing helpful things for your partner
- Receiving Gifts - Giving your partner gifts that tell them you were thinking about them
- Quality Time - Spending meaningful time with your partner
- Physical Touch - Being close to and caressed by your partner

10 Tips For Effective Communication

- Be clear about the point or objective of the conversation.
- Choose a good time and stick to the matter at hand.
- Be clear about what you want to say, and own your thoughts and feelings by starting sentences with, " I think/feel …." rather than, " You made me…."
- Express your feelings as well as your thoughts.
- Don't use provocative language such as 'always', 'never', 'should' or 'shouldn't'.
- Listen attentively and always check that you have understood – never assume you know what the other person means.
- Don't block conversation by interrupting, expecting mind reading, making assumptions, minimising the other's feelings or becoming silent.
- Do not rake up history unless you are talking specifically about something in the past.
- Do not generalise or use other people's opinions to back up your own argument or position.
- If tempers begin to rise, postpone the rest of the conversation and take a break.

Sources of Support

- Relate
- Tavistock Relationships
- Counselling Directory, Find a Therapist BACP
- Online – Betterhelp; Pride Counselling – LBQT+; Regain - couples
- The Spark – families and young people
- Penny Brohn
- Maggies

- Working with Cancer
- MacMillan
- CAB