



Nurturing Healthier Relationships

Building Emotional Well-Being in our relationships



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What makes a relationship healthy?

A condition affecting how we think, feel, and behave



4 HORSEMEN OF MARRIAGE
the killers of connection

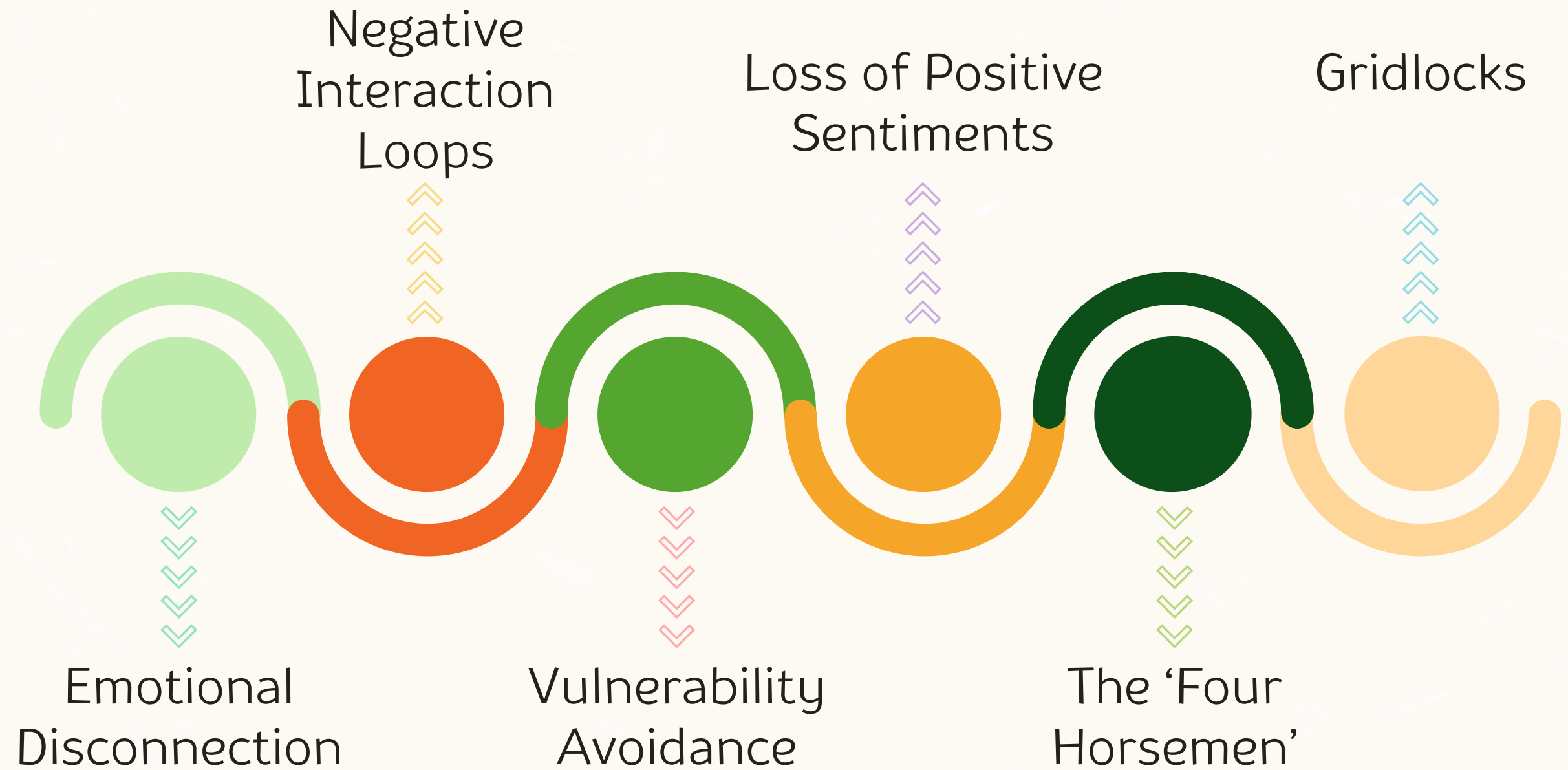


THE ANTIDOTES
the cures for connection



7 CORE PRINCIPLES
of a healthy relationship

Warning Signs of Relationship Issues



Fight Cycles of RELATIONSHIPS

Underlying Emotion
trauma, loss

Protective Reaction
societal pressure,
social media

Response
habits, lifestyle

Escalation/Shutdown
genetics, hormones

Trigger
upbringing, home
environment



The Four Horsmen OF A RELATIONSHIP

CRITICISM

↳ verbal attacks

DEFENSIVENESS

a sheild is a weapon ↳

CONTEMPT

↳ intent of harm or power

STONEWALLING

withdrawing ↳



The Four Horsmen OF A RELATIONSHIP

SOFT START-UP

↳ "I" statements

ACCOUNTABILITY

perspective ↳

APPRECIATION

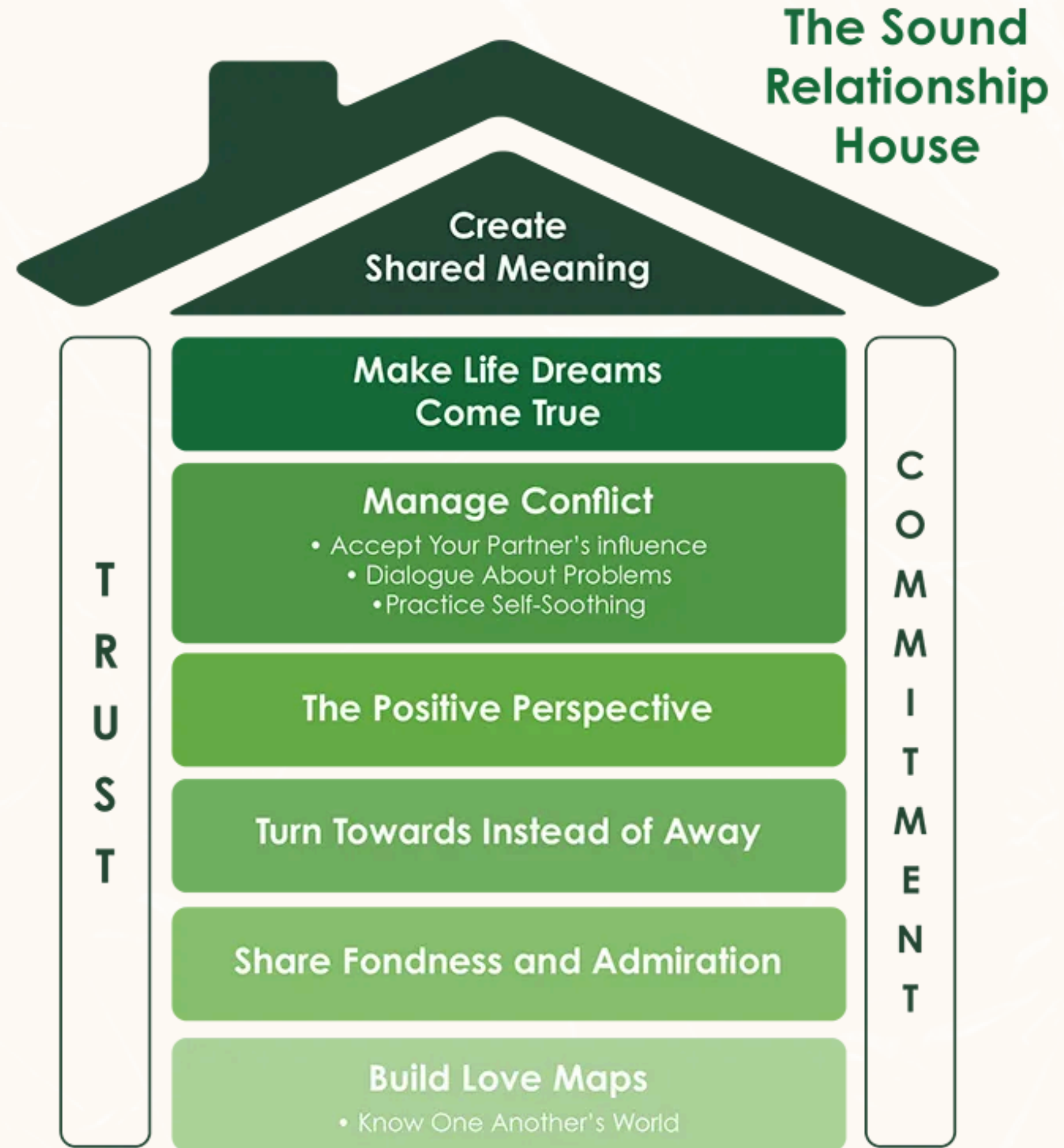
↳ 5 positive things

SELF-SOOTHING

sooth not distract ↳



*the Gottman
approach to a
sound
relationship*



When to Seek Professional Help



a rupture or betrayal



relationship feels distant,
like “roommates”



Recognize signs of
abuse



Let's Prioritize Our **RELATIONSHIPS**

start small, start strong, and start today



PATH TO
PEACE



PATH TO
PEACE

**Therapy you need,
not a luxury**

Medicaid
Sentara
Humana
Aetna
Anthem
United

**Self-Pay / Sliding
Scale Available:
Standard Rate: \$160
Adjusted Rate: \$3.30
(based on eligibility)**

Find the support you deserve
today, reach out now!

Visit us at www.ptpcs.org or call
540-307-0171 for help

