Therapy-on-Sea

10 boundaries to include in a relationship and how relationship counselling can help achieve them.

Ensuring that any back and forth or hot and cold behaviour is stopped.

Bringing into open how this behaviour impacts a partner and why it is present.

Making sure that both partners understand what makes each other feel safe.

Building into their relationship emotional safety and trust. Understanding the blocks that stops this from happening.

Explaining the importance of actions meeting words and vice versa.

Talking through the impact of false hope and empty promises, how that links to individual pasts.

Good communication versus closed communication.

How important it is to have curiosity in a relationship, normalising asking questions for clarity and to stop assumptions from building. Uncovering the blocks in communicating and accepting communication.

Identifying and responding to strong ego reactions in situations

Working on how to communicate that egos are at work and how to understand why it is there. What is the ego subconsciously protecting.

Understanding how and when emotions impact the relationship.

Learning not to shut feelings talks down, sitting with emotions and feelings without shame, fear or embarrassment. Support each other through overwhelming moments.

Working on a safe and effective conflict resolution structure.

Calling out avoidancy in conflict, talking through why it is there and what each can do to support and minimise it.

Avoid labelling each other.

Working through impacts and consequences of labelling each other. What alternatives there are to getting points across.

Consequences of boundaries being ignored.

Identifying bigger pictures for the need of boundaries in the relationship

Reiterating the importance of solitude, time to ground and the self-drive to develop individually.

Carving space into the day and week to do things that will calm, soothe and encourage self-growth.