



Caltech

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GETTING TO MORE SATISFYING RELATIONSHIPS

When you are dating, trust your instincts – pay attention to how you feel when you are with someone or after you've been with someone. If you feel uncomfortable, like something is wrong here...maybe that's an important sign

Learn to communicate – that means not just talking, disclosing and asserting yourself, but also listening, empathizing and understanding other points of view.

Suspend critical judgement until you have considered the other person's perspective, upbringing and cultural background.

Learn to set limits and increase awareness of what your limits are. Leave a relationships when you need to.

Open yourself up to aspects of yourself that may be underdeveloped. Your relationship to your emotional world, or being more comfortable socially for example are things that you can develop.

Know yourself...there is a strong correlation between self knowledge and maturity and being in a healthy rel. People usually are attracted to people who are as healthy or unhealthy as they are, so, work on developing into a healthy person yourself.

Talk with trusted friends, family and seek support from a counselor, R.A., etc.

Seek help for drug and alcohol problems, depression/suicide

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