



Welcome to today's webinar:
'Building Healthy Relationships'



Your Presenter is Helen Diamond
Your Facilitator is Kim Repcak

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Housekeeping



Thanks for joining us for this webinar – welcome!

You will be able to:

- hear the presenter
- see the slides
- see the presenter


You do not need to have camera or microphone.

We cannot see you or hear you today, but our system tells us that you are online.

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Control Panel



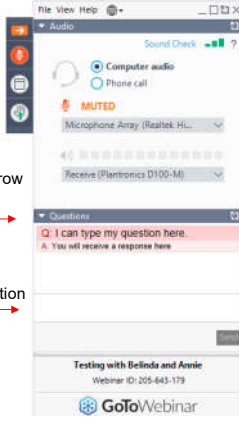
Control panel appears on the right of screen

If you are using a Mac, a tablet or an iPad, you need to look for the control icons across the top, side or bottom of your screen;

Click to minimize or maximise →

Click the down arrow on the Questions pane to open →


Type in your question and click send →



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Handouts




Handouts have been sent separately.
This contains a copy of the slides presented today and possibly other relevant reading material depending on the topic.

The webinar will be recorded and will be available on our website: www.ms.org.au via the Webinar library.



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Polls 

Polls are used throughout our client webinars as a way of making the webinars interactive.

To familiarise you with how they work I will run one now...

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Acknowledgement 

We acknowledge and pay respect to the traditional custodians past and present on whose lands we meet today.

We acknowledge the deep feelings of attachment and the relationship of Aboriginal people to country and respect the cultural authority of the elders in each community.

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Introduction to Presenter



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Learning Objectives



- Develop an understanding of the key components of a healthy relationship using the Sound Relationship House Model, as devised by Dr John Gottman
- Understand “love languages” and how to use these to enhance your relationship
- Identify the warning signs in couple relationships and how to manage and resolve conflict
- To reflect on your own relationship – what’s working & what might enhance your relationship

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POLL: What’s working well in your relationship



- Our communication
- We manage conflict well
- We enjoy spending time together
- Sex & intimacy
- We value the same things.

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POLL:
What key area would you like to build on?





- Our communication
- How we manage conflict
- Spending more time together
- Sex & intimacy
- Valuing the same things

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Sound Relationship House Model




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Level 1: Build Love Maps

- What aspect of your life is most fulfilling now?
- What aspect of your life is most stressful now?
- What adventures would you like to have before you die?
- What is one way you would like to change?



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Level 2: Sharing fondness & admiration

Loving	Funny	Vulnerable	Witty
Sensitive	Considerate	Committed	Relaxed
Brave	Affectionate	Involved	Beautiful
Intelligent	Organised	Thoughtful	Generous
Calm	Reserved	A great partner	Cheerful
Strong	Reliable	Creative	Sexy
Playful	Nurturing	Tender	Kind
Practical	Gentle	Interesting	Fun

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Reflection Activity: Characteristics 


For each item you choose, think about an incident when your partner displayed this characteristic and it pleased you.
 Jot down some notes about this incident.
 Take turns sharing these with your partner.

1. Characteristic & Incident:
2. Characteristic & Incident:
3. Characteristic & Incident:



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Level 3: Turn towards instead of away 


When someone makes a “bid” for connection, we can choose to:

- Turn towards: Show interest and take time to connect and respond
- Turn away: Ignore, be on “automatic pilot”
- Turn against: Respond in a crabby, critical way.


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Love Languages



1. Acts of Service
2. Gifts
3. Words of Affirmation
4. Physical Touch
5. Quality Time



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The Clothes Horse Story: A case of misunderstood Love Languages...



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Story: Different love languages 



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POLL: What do you think your preferred love language is? 

- 1. Acts of service**
- 2. Gift giving**
- 3. Words of Affirmation**
- 4. Physical Touch**
- 5. Quality Time**




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POLL: Do you know your partners preferred love language? 


YES

NO



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Level 4: Positive Perspective 

Gratitude:

Three things I feel grateful for in my relationship...

- 1.
- 2.
- 3.



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Repair Attempts

- Any efforts that you make to de-escalate tension
- Opportunities occur naturally in conversations:
an apology, a smile, or a bit of humor that breaks the tension.
- E.g. “May I take that back?”
“Let me try again”
“I’m sorry I spoke so harshly”.
- It may be a request:
“Please be gentler with me”,
“Please help me calm down”.

Each attempt you make to stop a fight and re-connect with your partner sends a powerful message.

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Level 5: Manage Conflict.


The number one warning sign in a relationship is that there are more negatives than positives.

The Four Horsemen of the Apocalypse

- Criticism & Harsh start ups
- Contempt
- Defensiveness
- Stonewalling

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Criticism & Harsh Start Ups. 

“How many times do I have to tell you to pick up your wet towels, you lazy slob?!”

Antidote: Discuss specific behaviours and make “complaints” rather than criticism, stay calm.
 e.g. “I feel really irritated when there are wet towels left on the bathroom floor and I would appreciate it if you could put them on the towel rail after you have used them.”

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Contempt 


Eye ball rolls, superiority, put downs, taking the high moral ground:
 “You’re hopeless” “You’re just like your father”



Antidote: Make repair attempts, accept influence, focus on the positive perspective.

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Defensiveness 

**Denying responsibility for the problem;
“You made me do/feel that”**

Antidote: Accepting responsibility for the problem

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Stone walling 

- **Withdrawing from the interaction.**
- **Feeling overwhelmed and flooded, “Fight” or “Flight”**
- **Head for the shed**
- **Do whatever it takes to hide your overwhelm**

Antidote: Taking a 20 min break in order to calm down

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Level 6 : Making life dreams come true




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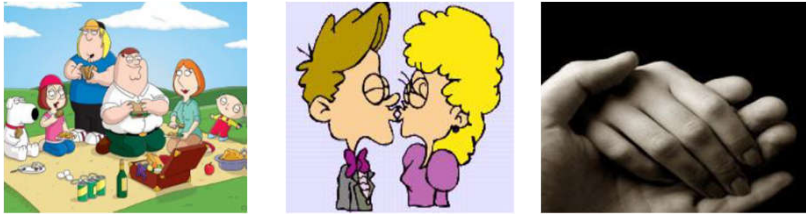
The image shows a man and a woman standing on a wooden balcony with a metal railing, looking out at a vast blue ocean under a clear sky. The woman is on the left, wearing a white tank top and dark shorts. The man is on the right, wearing a light blue shirt and dark shorts. Their shadows are cast on the balcony floor. The background features a rocky coastline with waves crashing against the shore.

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Level 7: Create shared meaning



Rituals of Connection:



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The section contains three small images. The first is a cartoon illustration of a group of people (a man, a woman, and a child) sitting on a picnic blanket outdoors, surrounded by food and a dog. The second is a cartoon illustration of a man and a woman with blonde hair kissing. The third is a black and white photograph of two hands clasped together in a supportive grip.

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Who do I want to be in this relationship?



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Questions




MS Connect
1800 042 138
msconnect@ms.org.au

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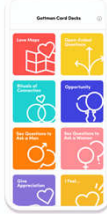
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Resources




The Gottman Institute:

- Follow on Facebook and Instagram
- Sign up for 'The Marriage Minute'
- Love Maps App
- Gottman Card Deck App



Gary Chapman:


- Love languages – lots of information on the internet



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MS Connect



10 reasons to call us:

1. Up-to-date, evidence based information about multiple sclerosis
2. Expert advice on managing symptoms
3. Information about minimising the impact of multiple sclerosis
4. Support for people who are newly diagnosed
5. Information about treatment options
6. Education programs
7. Connections to other people living with multiple sclerosis
8. Referrals to appropriate services in your area
9. Extra support for you and your family
10. Respite options to give families short-term breaks



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Peer Support




- ❖ 1:1 Phone Support
- ❖ Face to Face groups -
(temporarily converted to Telegroups)
 - 2 in the ACT
 - 11 in Tasmania
 - 17 in NSW
 - 42 in Vic
- ❖ Telegroups
 - Currently running 12 telegroups
- ❖ Facebook groups
 - 3 groups – for people living with MS
 - for carers
 - for young carers – up to 25 years of age



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Get Your Act Together



- Online Tool – designed to help you better manage your multiple sclerosis symptoms
- Focuses on some of the common symptoms of MS – emotions, fatigue, continence, cognition, pain and heat sensitivity
- Designed for people living in the ACT but includes useful information for all people living with MS
- Complete the tool to receive a personalized report (listing services, resources, tips etc)

Visit www.ms.org.au and search Get Your Act Together

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Employment Support Services

The MS Employment Support Service (ESS) is the only MS specialist employment service for people living with multiple sclerosis in Australia that can help you succeed at work, whether that is staying in your current job or finding new employment.

Contact MS Connect for more information on free call 1800 042 138.

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Registered NDIS Provider

MS is a registered NDIS provider in NSW, ACT, Vic and Tas and is approved to provide:
(Pls note: Face to face services/programs have been either converted to online programs or postponed)

- Assistance with 'Access Request Forms', Access rejections and pre-planning
- Support Coordination – assistance to help make your plan active
- Plan Management
- Short term accommodation (Vic)
- Group activities – yoga, dance for health, exercise (NSW)
- Exercise Physiology (NSW)
- Specialist Continence Assessment (Vic)
- Occupational Therapy (NSW and Vic)
- Physiotherapy (NSW)

Want to learn more?
 Please call
MS Connect
1800 042 138

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My Aged Care 

My Aged Care is an Australian Government initiative, website and phone line to help you find about aged care services.

Available to people who are 65 years of age and over.

Why Contact My Aged Care?


- ✓ Information
- ✓ Assistance in mapping out your needs
- ✓ An assessment for further supports

Phone: 1800 200 422 Free call Australia wide

Website: <https://www.myagedcare.gov.au>

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Thank you 

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Please stay on after this webinar to complete a short survey.

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