



Healthy Rewarding Relationships

RECOGNIZING DYSFUNCTIONAL RELATIONSHIPS AND CREATING FUNCTIONAL RELATIONSHIPS

Our own relationships

Different people in different roles:

- ❑ Romantic Partner
- ❑ Relatives
- ❑ Roommates
- ❑ Friends
- ❑ Co-workers
- ❑ Caretakers



Tanach

- ▶ People are human with strengths and weaknesses
 - ▶ Parenting struggles
 - ▶ Adam and Chava
 - ▶ Avot & Emahot
 - ▶ Moshe: Great for the klal, but Tzipporah had to be sure their sons received Brit Milah. Learned to delegate-needed his father-in-law to help him figure things out.
 - ▶ David Hamelech danced before Hashem and Michal was not pleased, "mocked him"

Healthy relationships include:

- ▶ Empathy
- ▶ Compassion
- ▶ Patience
- ▶ Respect
- ▶ Flexibility
- ▶ Openness



Characteristics of an unhealthy relationship

PATTERN OF:

- ❖ Disrespect
- ❖ Dishonesty
- ❖ Control - emotional, financial, physical, foster dependence
- ❖ Intimidation & Isolation
- ❖ Lack of support and blame



Our intimate relationships

- ▶ Emotional always, physical sometimes
- ▶ Chronic Undifferentiated Mishugas
- ▶ Take council from your partner-Avraham and Sarah
- ▶ Protect your personal space and let the other person in
- ▶ Best buddies- David and Yonatan
- ▶ Bring out the best in us- Tamar and Yehuda



Our opinion of our children's relationships

- ▶ Their choice of friends
- ▶ Their spouse
- ▶ Their children



Our older relatives

- ▶ Have things changed?
- ▶ Rule out medical etiology as you look at behavior
- ▶ Particularly vulnerable
- ▶ Might exhibit fear
- ▶ Vulnerable to exploitation



Tools to achieve healthy relationships

- ▶ Respect
- ▶ Trust
- ▶ Communicate
- ▶ Compromise
- ▶ Commit
- ▶ Be open
- ▶ Feel safe to be vulnerable



Tools to achieve healthy relationships

- ▶ Work at it
- ▶ Listen well
- ▶ Ask for clarification
- ▶ "I" statements
- ▶ Be realistic
- ▶ Be honest with yourself
- ▶ Take responsibility for your own behavior



Frientimacy

- ▶ Shasta Nelson- Friendship expert
- ▶ Not enough intimacy-need to be seen in a safe and satisfying way
- ▶ Need 3 criteria definition of modern day loneliness
 - ▶ Positivity we want empathy, smiles, gratitude, affirmation-feel accepted
 - ▶ Consistency need to be there, build history, spend time together, increase interactions, get to know each other and trust is developed
 - ▶ Vulnerability we share, reveal and let people know who we are, successes, dreams, struggles. Articulate feelings and ask for what we need



Frientimacy Triangle

**Positive interactions
should outweigh negatives
ones 5:1**



No relationship is positive ALL of the time. But it should be a conscious effort to bring joy and positivity into the relationship.

If someone else's relationship looks unhealthy

- ▶ Make yourself available
- ▶ Explain your concern
- ▶ Don't push yourself or your ideas on another person
- ▶ Consult trusted/respected person



The best three-words sentence isn't i love you. It is "i am here"

Our most important relationships

- ▶ With Hashem – we are chosen
- ▶ With Ourselves - in Gd's image-B'tzelem Elokim

If we took the effort to realize, what we really are, the strength and the capacity that we have, the wonderful traits that we have, and develop them to the fullest, then we will be happy.

Abraham Twerski
www.zoroboro.com

*God has a reason for
allowing things to happen.
We may never understand
His wisdom, but we simply
have to trust His will.*

Psalm 37:5

Other ways to remind yourself about friendship

- ❖ Randy Newmann "You've Got A Friend In Me" from Toy Story
<https://www.youtube.com/watch?v=A5uVEN5z1f0>
- ❖ Carol King "You've Got a Friend"
https://www.youtube.com/results?search_query=carole+king+you've+got+a+friend+lyrics+
- ❖ Bill Withers "Lean on Me" <https://www.youtube.com/watch?v=7w8qg5CmrX0>
- ❖ Kazablan "We Are All Jews " כולנו יהודים <https://www.youtube.com/watch?v=Vwn2H62Uaj8>



Resources

- ▶ <https://www.jewishsacredspaces.org/publications-National>
- ▶ Local JFS wherever you are located in US
- ▶ NYC The Jewish Board 844-663-2255 for intake appointment
- ▶ Relief Resources- <https://www.reliefhelp.org/> international resources, usually private practitioner

Family violence issues:

- ▶ Met Council-<https://www.metcouncil.org/familyviolence>
- ▶ Shalom Task Force - <https://shalomtaskforce.org/>

Improving Our Relationships, Together



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Reach out- you are not alone

- ▶ Faye Wilbur LCSW_R The Jewish Board Mishkon/ Boro Park Clinic fwilbur@jbfcs.org 718-851-7100 x 471376 or 718-435-5700 x 770209
- ▶ Private practice 718-258-1046

