

Gaslighting Red Flags

1. Being made to defend your reality (apologize without knowing what you did wrong)
2. Lack of follow through on promises
3. Denying conversations or events ever happened
4. Lying about facts
5. Shifting the blame to you — “You are the problem. It is your fault”
6. Discrediting, minimizing or withholding — They call you “crazy,” too sensitive, or emotionally unbalanced
7. Being accused of negative behaviors they themselves are partaking in

Challenging negative thoughts

- * **Write** down the negative thought you are having. **Crumble** it into a tight ball and throw it away. **Picture** your negative thought leaving your mind.
- * **Write** down a more reasonable reframed thought.
- * **Challenge** and refute the negative thought. **Replace** the negative thought with a positive and healthy one.
- * **Stop and recognize** your thinking is not quite right at the moment. What is your body saying? What about your emotions?
- * Use **Socratic questioning** of the thought to help you evaluate it from a different perspective. Ask: “What evidence supports this belief? How would ___ view this situation?”

Signs of Emotional Flooding

Emotional flooding is when your body is feeling overstimulated by too many physical and emotional sensations. Here are some symptoms to help you figure out if you're feeling flooded.

- Increased heart rate
- Shallow breathing
- Difficulty focusing
- Desire to escape the situation
- Muscle tension
- Negative self-talk

Gottman's Four Horsemen

These are 4 communication techniques people use that harm their relationship.

1. **Criticism:** Expressing discontent through judgments that are harsh or blaming.
2. **Defensiveness:** An unwillingness to take responsibility for one's actions or accept constructive feedback.
3. **Stonewalling:** Ignoring someone or mentally withdrawing from the situation or conversation.
4. **Contempt:** Using insults or a mocking tone to express anger or discontent.

Conflict Resolution

Assertive communication is one of the best forms of communication for conflict resolution due to its promotion of empathetic listening and standing up for oneself. Here are some strategies to practice assertive communication in your life.

- **“I” statements:** These statements will help avoid either party feeling like they are being blamed for something, while at the same time getting the desired message across. Here’s an example: “I feel worried when you come home later than expected.”
- **Timeout/Cool Down:** If these techniques can’t be used due to high emotions, it’s important to take a break and agree upon a time to come back and talk again.
- **Reflective listening:** These statements will help clarify whether you understand what the other person is trying to tell you. Here’s an example: “It sounds like you’re concerned that something happened to me when I didn’t come home at the time we talked about.”

5 Love Languages

1. **Physical touch:** Any form of touch, from holding hands to hugging to having sex.
2. **Words of affirmation:** Compliments, expressions of pride.
3. **Quality time:** Spending time with one another, whether that’s eating dinner together, watching a movie or sitting next to one another doing your own hobbies without saying a word.
4. **Gift giving:** Anything from homemade gifts to purchasing concert tickets to your partner’s favorite band can be another way of expressing your love for them.
5. **Acts of service:** Helping your partner fix their car, doing the dishes after your partner has had a long day at work, etc.

Relationship Green Flags

Here are some qualities of a healthy relationship:

- **Appreciation:** You show your partner that you value and respect them.
- **Balance:** You find happiness in the time you spend with your partner and the time you spend without them (e.g., hobbies, spending time with friends, etc.).
- **Commitment:** You take care of your relationship and spend adequate time helping it grow.
- **Commonality:** You both share similar beliefs, goals and values.
- **Effective communication:** You take the time to express your wants and needs while being respectful of your partner's.
- **Intimacy:** You feel connected to your partner, both physically and emotionally.

What Do Healthy Boundaries Look Like?

- Being selective about who you let in your life.
- Taking time to get to know someone to build trust.
- Sharing personal information that you feel comfortable sharing at an appropriate time or place.
- Feeling comfortable with saying no.
- Being supportive without getting too involved.
- Valuing everyone's opinion, including your own.
- Holding to your values, but also knowing when to change them.
- Communicating your needs assertively while empathetically listening to others.