



Five Factors of a Healthy Relationship

In observations made in one-on-one sessions over a twenty four year period, I have had the opportunity to discuss each of their close and personal relationships. These reviews have brought me to the following conclusions that outline the basic makeup of healthy relationships.

Leroy Hamm, President | IHD Corporation | leroy.hamm@ihdcorp.com

1. Opposite Temperaments

In over 95% of the one-on-one sessions conducted in a twenty-four year period, participants have said that their spouse had the opposite temperament. Some call temperaments by other names such as personality types or behavioral styles. The old adage “opposites attract” certainly holds true in the case of temperaments since building a relationship with a person who has the same pattern as yours can, by nature, cause either boredom or conflict.



2. Overlapping Interests

The interests of two people do not have to be the same but they do need to meet at some point. For example, one may enjoy golf and the other art but they both enjoy dancing.

3. Similar Values

When adulthood is reached, values have been formed and should be clear in one’s own mind before entering a long-term relationship. One of the main reasons for dating is to either develop a comfort level with each other’s values or recognize that there is not a “match” in their world view or value system. For example, if one is a miser and the other can’t keep money in his or her pocket, it can cause serious problems unless they work out some agreement.



4. Healthy Communication Style

An unhealthy communication style will damage or may destroy even a healthy relationship. The following are the ABC's of an unhealthy communications style that should be kept in check:

-
- A - accusatory
 - B - blaming
 - C - condemning
 - D - demeaning
-



Many a sorrowful love song has been the result of a broken heart after unhealthy communication styles have shattered what started out to be a promising relationship. It is important to add that living in the past and holding others' offenses against them can hold the relationship in bondage to future freedom and successful bonding.

The heart of a healthy communication style is the opposite of the previous statement. These behaviors provide fuel for a healthy, happy relationship.

- F - forgiving ("give" the offense up. Don't hold onto it)
- U - unselfish (look for ways to give to the other)
- E - encouraging (be the cheerleader for the other)
- L - loving (say it, don't assume they know it)



5. Chemistry and Love

There are unexplainable and indefinable factors that must exist in a healthy relationship (i.e. chemistry). Many a beautiful love song has been written to try to describe the indescribable feeling of being in love. Recommended Reading: Read "The Five Love Languages" by Gary Chapman. This book talks about the five things that people need that causes him or her to feel loved. They are receiving gifts, quality time, acts of service, words of affirmation and physical touch.