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**Skills for Healthy Relationships**

It is vital to be able to develop skills to be happy within relationships. The problem is that many people don’t know what to do on a day to day basis. Teaching people to know and understand this is difficult. Many people don’t know what they want and need in a relationship, many people are not taught the right skills to use, and we tend to develop into habits. Below are three fundamental skills to create happy healthy relationships:

* Insight:
  + Awareness and understanding of yourself and your partner
  + Ability to learn
  + You have a better idea of who you are, what you need, what you want, and why you do the things you do
  + You can better understand what your partner needs and wants
  + You can anticipate the positive or negative reactions from behaviors, which means you don’t repeat the same mistake
* Mutuality:
  + Knowing that both people have needs and that both sets matter
  + You can communicate your own needs in a clear direct fashion
  + You’ll be willing to meet your partner’s needs as well as your own
  + Both people’s needs are factored into decisions about relationships
* Emotion regulation:
  + Regulating your feelings in response to things that happen
  + You can keep emotions calm and take different perspectives
  + You can manage difficult situations without avoiding or reacting in anger
  + You can maintain a sense of self respect and commitment to your needs without just giving into your partner