

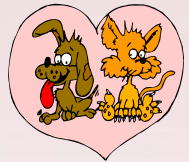
# Relationships

A Happy And Loving One  
Is Best To Have



# 3 Stages To A Romantic Relationship

- One should demonstrate mutual kindness and respect prior to entering any relationship
- Friendship
  - Meeting new friends, find a Circle of Support, Getting to know someone, **spending time together**
- Dating
  - Dating is a challenge, look beyond physical appearance, **determine if person likes you as more than a friend**
  - **Communication-being able to talk freely without pressure**
- Marriage
  - Show affection
  - **Support your partner, meet each other's emotional needs**

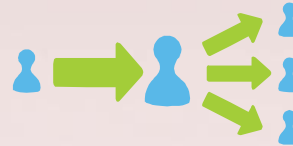


# No Matter Who We Are Or What Disability We Have, Relationships Are Needed

- No matter if we have a:
  - Temporal disability, intellectual incapacity, or permanent physical challenge



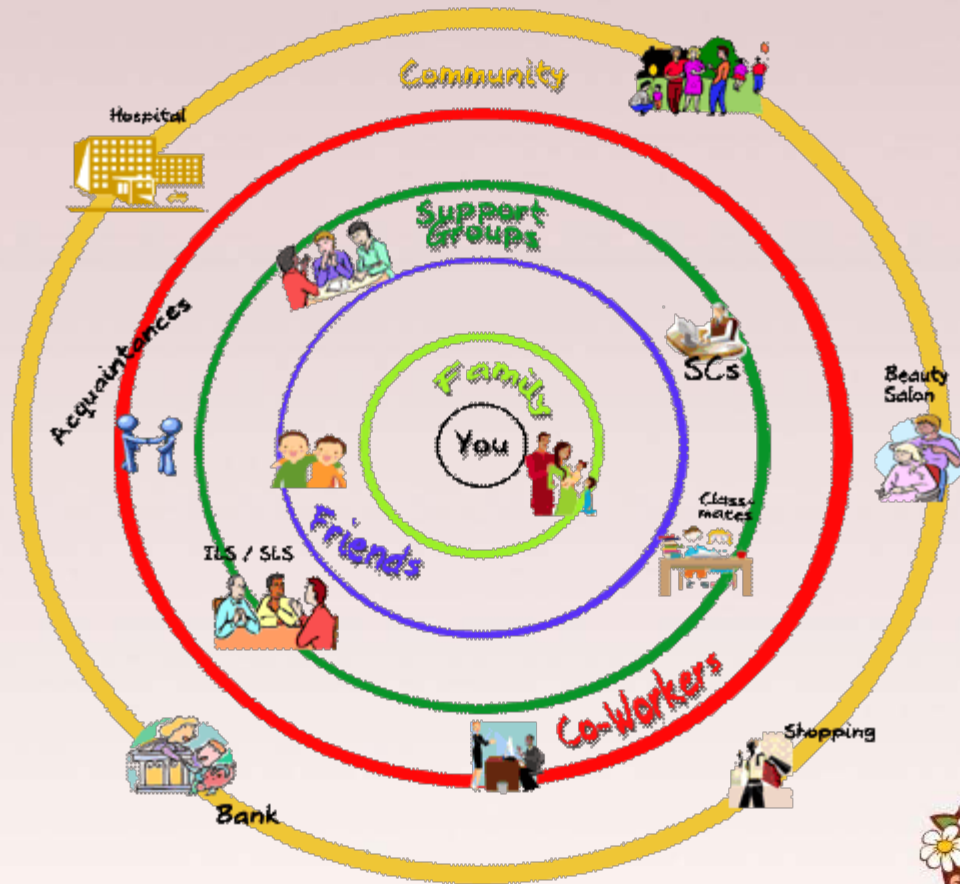
- Socializing is one of our basic needs and helps fight depression
  - It's needed throughout life



- Learn to trust yourself before you can trust other people
- Without relationships you feel empty and lonely
- Trust your instincts around other people



# Circle Of Support





# Meet A Real Friend / Sentimental Partner

- Family Members

- You can meet new people through your family



- Current Friends



- Co-Workers



- Classmates

## Places You Can Meet Friends

- Work



- Activities / Events



Dance/House Parties

- Day Program







- Church



# The Challenges

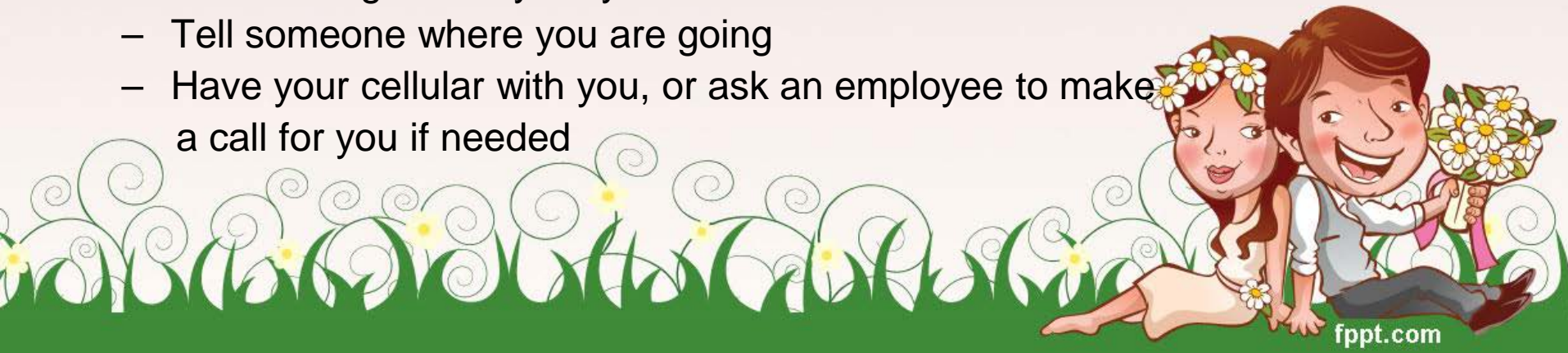
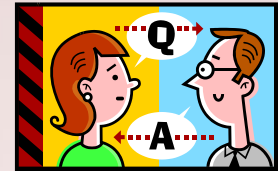
If you are blind or have other physical disabilities pay close attention to:

- His/Her tone of voice 
- Smell  or 
- Body language
- The way how he/she looks at you 



# Beauty Is Only Skin Deep

- Look beyond outward appearance
  - It goes both ways. (The cutest but with an “ugly” heart, or they may not be handsome/pretty but see only your heart and not your disability)
- If it is a first time, meet in a public place
- Try to establish a pleasant conversation
  - Talk and listen
- Be ready for an emergency
  - Have enough money for your meal and/or for a taxi
  - Tell someone where you are going
  - Have your cellular with you, or ask an employee to make a call for you if needed



# What To Look For From A Person

## Negative Signs

- Anger
- Controlling
- Demanding
- Depressed
- Lonely
- Mad
- Sad
- Stressful

## Positive Signs

- Caring
- Cheerful
- Friendly
- Good Communication
- Happy
- Helpful
- Listener
- Loving
- Sharing
- Supportive





# Cannot Not Communicate!

*Others interpret what do & say, but also what we don't do or say*

## Some Good Skills



- Show your interest
  - Smiling, nodding, expressing creative ideas
  - Asking questions
  - Inserting some words like “Yeah, I know”, “Go on”
- Become involved
  - Peer groups such as community work
  - School clubs on your campus
- Check perception
  - Describe situations using I-statements. (I.e. “I feel bad”.  
Not: “You make me feel bad”)
  - Give two interpretations – don't assume & react
  - Ask for feedback
- Avoid misinterpretations
  - Be clear, assertive, understanding
- Distinguish between facts & suppositions
  - Be sure of what it's said, words cannot be unsaid

## Some Bad Habits/Myths

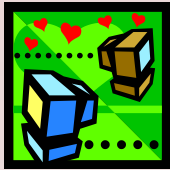
- Communication is inborn
  - It's a learned skill, not natural ability
- More is better
  - Talking too much won't solve problems
- Just hear not listen / Assuming
  - We can hear but not understand
  - Prejudging
- Meaning is always in words
  - It's not enough to know what words mean.  
They may have many meanings, thus there's room for misunderstandings



# Issues Related To Online Dating

## Pay attention to:

- Pictures and comments posted on Facebook (or any other social net)



- To their postings (the kind of language & expressions they use)
  - Is their writing similar to the person you're seeing?
  - What kind of friends does this person have?



- Be aware of tagged vs untagged pictures
- If they have family members listed there.
  - What do they look like? What impression do they reflect?



or



# Being Taken Advantage Of?

- Be skeptical

- Don't easily believe everything that him/her might tell you.
- Remember: actions are louder than words
  - A person can talk much and not show what he/she is saying.
  - Otherwise, one can show his/her interest and not say much.



- Pay attention to what the other person is telling you

- It's hard to recall superficial lies so if a person is lying he/she won't be able to keep track of all what he/she says to you.
- Don't be naïve: if it seems too good to be true, probably it is.
- If you think things through it will be the safest route.



- Give it some time



- Go slowly into a relationship. It helps you see things clearly and allows you to know the other person better.





# Marriage

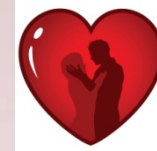
- Affection - It's an important learned skill
  - Show your spouse your love physically & mentally
    - Trust, support, conversation
- Emotional Needs – can be anything that makes you happy
  - Define & declare your emotional needs
  - Care to satisfy your spouse needs
  - If you disagree, don't go to bed angry
  - Be honest/be compassionate/support one another
- Meaning of True Love/Family
  - Be comfortable with yourself
  - Discuss whether you want children/do you want to adopt?
  - Discuss relationship of children from previous marriages/ unions
- Recreation
  - Spend time together





# KNOWING YOUR PARTNER

- Knowing a person at a deeper level of understanding
- Do you connect on different levels? If yes, are you willing to change for the better?
- When having a conversation, listen & try to understand.
- What is their expectation of life in a relationship?
- How was their relationship with their parents?
  - Do both of you respect your parents' opinion? However, you have the right to decide for yourself and love who you want.



# Credits

- **Herb H.**
  - RCEB Consumer Rights Advocate
  - Contributions: Developed original concept and developed Marriage slide, “Circle of Support” and “What To Look For In A Person”
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  - Contributions: Overall design, enhancement of graphics; “Being Taken Advantage Of?”
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