

# ACS Family Advocacy Program

## Resiliency in Relationships

We seek closeness and communication in our relationships and being resilient can help us accomplish this with our partners, children, and friends. Oftentimes our thoughts distract us, our emotions get in the way, and we have differences in communication styles. This is okay and can be overcome. Research on relationships shows that how you fight with your partner matters a lot more in terms of longevity and health of your relationship than if you fight with your partner. All relationships require work and every relationship will go through tough times but if you are able to resolve conflict in a healthy, non-toxic way it makes a difference. Some big things that make arguments toxic are when we start with the belief that our partner is the cause of the problem and not the circumstance or when we blame our partner's character instead of the behavior displayed. When an argument is occurring first try to figure out the A-B-C's of the issues at hand, this is the adversity, your beliefs about it, and the consequences or behaviors you exhibit because of the adversity, you can take the time to do this by taking a time out. Avoid overgeneralizing i.e. my partner never does the dishes and challenge the initial beliefs you have by analyzing their accuracy overall. Once you have practiced these resiliency skills come back to the adversity/problem and address the issues with your partner in a calm and well informed way without all the biases and blaming that often comes up in initial thoughts/beliefs. For more information on practicing resilience check out the book "The Resilience Factor" by Reivich and Shatte.

As always if you are experiencing conflict at home, domestic violence, or child abuse do not hesitate to reach out to the Family Advocacy Program at on our Belgium hotline at +32 (0)472 90 1068 or at our Netherlands hotline at +31 (0)613 21 6737 or our website page <https://home.army.mil/benelux>.

<https://www.facebook.com/USAGBenelux>

<https://www.facebook.com/USAGBeneluxFamilyandMWR>