



# How To Help A Friend: In Relationships

Issue #3

**Welcome to the third issue of How To Help A Friend (HTHAF).** My name is Mifa Kim. I'm a Senior studying psychology and a peer educator at Counseling and Psychological Services (CAPS). HTHAF is a campaign aimed at sharing information on how CU community members can help friends or other people in their lives who may be encountering various challenges.

Maintaining positive relationships, whether it is with a partner, with friends, co-workers, classmates, roommates, or professors, is an important aspect of a meaningful college experience. Even in the best of relationships, it can be challenging to communicate about differences, ask for our needs, express concerns, and resolve conflicts. Below are some tips on engaging in healthy communication. You can use these in your own relationships or share them with a friend who might be having a difficult time in their relationships.

## *Communicating With Your Partner/Friend/Co-worker, etc:*

- Know what you're arguing about. Be specific, limited, and direct with your complaint. Try to resolve one issue before moving on to another.
- Try to use "I" statements.
- Don't assume the other person knows what you are thinking or feeling; communicate your feelings to them.
- Avoid giving ultimatums or making idle threats
- Be an active listener - express back to the other person what you understand his/her thoughts and feelings are.
- Be willing to compromise - express your interest in coming to a solution, which is satisfactory for both of you.
- Avoid generalizing.
- Count to 10, or more if you're feeling attacked.
- Discuss each other's perceptions. Try to put yourself in their shoes to understand why they might view things differently.

## *Healthy Communication*

### *Pick Out a Good Time to Talk:*

- Avoid bringing up issue at a time that might be embarrassing to.
- Deal with big issues as soon as possible, preferably when you're both prepared to deal with them.
- If the disagreement isn't resolved right away, make an appointment to finish it later. The amount of time needed to process thoughts and emotions may vary from person to person.

### *Common Myth About Relationships:*

**Myth:** People in "happy" relationships don't argue.

**Reality:** Relationships involve communication and teamwork. Arguing is not automatically a sign of weakness or of an unhealthy relationship. In fact, learning how to resolve conflicts and engage in healthy communication can actually improve relationships

## *Resources:*

**How to Help a Friend—** Want more information on suicide or more topics? Worried about someone? This is a peer-to-peer resource to help students help each other.

<http://bit.ly/CAPSHelpAFriend>

### **Counseling and Psychological Services (CAPS)—**

A free counseling resource for UCB students. CAPS offers six free sessions per academic year and free workshops and groups. They have walk-in hours from M-F, 10am-4pm. They are located at the Center for Community (C4C) at S440.

303-492-6766

<http://counseling.colorado.edu>

## *Events:*

### **How To Help a Friend Get Together—**

Get your tea and cookies on! If you have questions about resources or just want to stop by to say hello, **you can join me every 2nd Wednesday of the month from 12:30-2pm at the Foyer** (near the Norlin Commons information desk) at the Norlin Library. Its free too! **The next event will be on November 13, 2013.**