

RELATIONSHIPS AND MENTAL HEALTH



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RELATIONSHIP

A **romantic relationship** is defined as mutual, ongoing and voluntary interactions between two partners that is characterized by specific expressions of affection and intimacy (Collins, et al., 2009).

In a relationship, there are five main stages that people can go through, each at their own pace. Some stages may repeat or be non-linear, while others are progressive.



01

Initiation

This stage becomes the beginning of a relationship. Both the individuals are getting to know each other, both might feel as if they have found the “right” one.

02

Uncertainty

During this stage, partners question each other’s flaws. Conflicts start to emerge, typically not the larger conflicts. However they start thinking about more serious concerns.

03

Adjustment

Couples in this stage have a desire to make the relationship work. Hence they tend to adjust with their partner.

04

Commitment

As couples, both will get comfortable with each other. The couple tends to commit to each other while balancing out the intimacy at this stage.

05

Acceptance

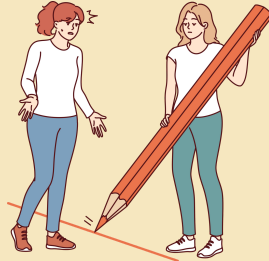
Experiencing obstacles together brings a sense of safety and security among the couples. They both start to accept each other’s positive and negative characteristics.

By: Betsy Chung, PsyD

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How to take care of yourself during each stage of a relationship

Stage 1 - Initiation



Set Boundaries

Understanding each other's expectations in a relationship and creating boundaries.

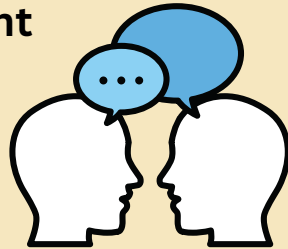
Stage 2 - Uncertainty



Practice Circle of Control

Focus on the things that you can control e.g. your behavior, thoughts etc. Let go of things that are beyond your control.

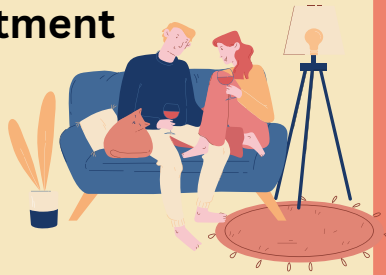
Stage 3 - Adjustment



Communication

To cross all the hurdles in a relationship, share your thoughts, concerns, and feelings, and encourage your partner to do the same.

Stage 4 - Commitment



Spending quality time

Quality time together strengthens emotional connection, boosts positive mood, and provides a sense of belonging.

Stage 5 - Acceptance



Embracing each other's flaws

Respect and embrace each other's flaws, which will help accept the individual as he/she is.

How to maintain boundaries in a romantic relationships?

“Boundaries represent awareness, knowing what the limits are and then respecting those limits”

-David W. Earle

Identify your
limits in a
relationship

Respecting
each other

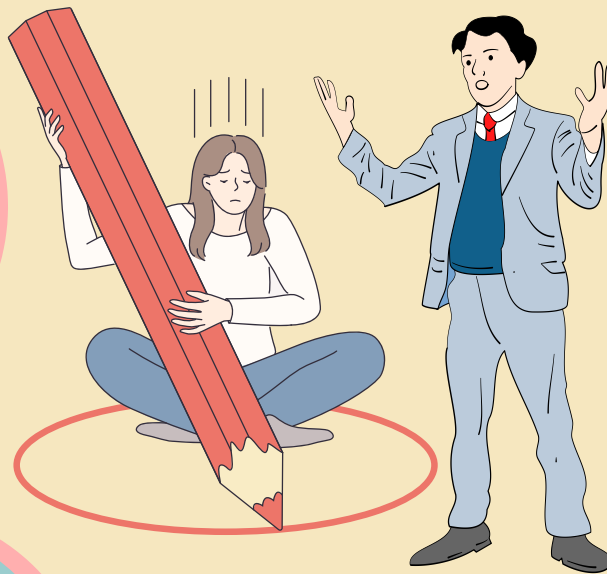
Setting Clear
Expectations

Effective
communication

Prioritising
oneself
before
anyone else

Learning to
Say NO

Asking for
space

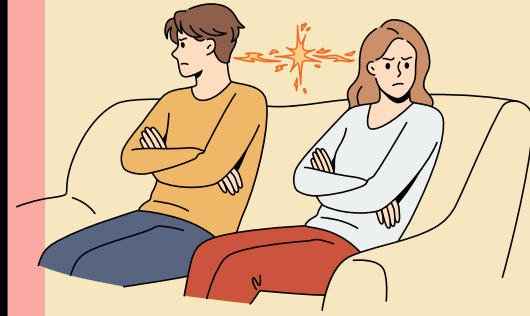


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Conflict Management in Relationship

“

Priya, 26 years old, believes ‘not fighting’ is a sign of a healthy relationship. For this, she avoids getting into argument with her romantic partner. She thinks that an intense talk can lead to conflict/fights. Sometimes, she hesitates to express discomfort, thinking that she might not be able to manage the conflict, and that can jeopardize the relationship.

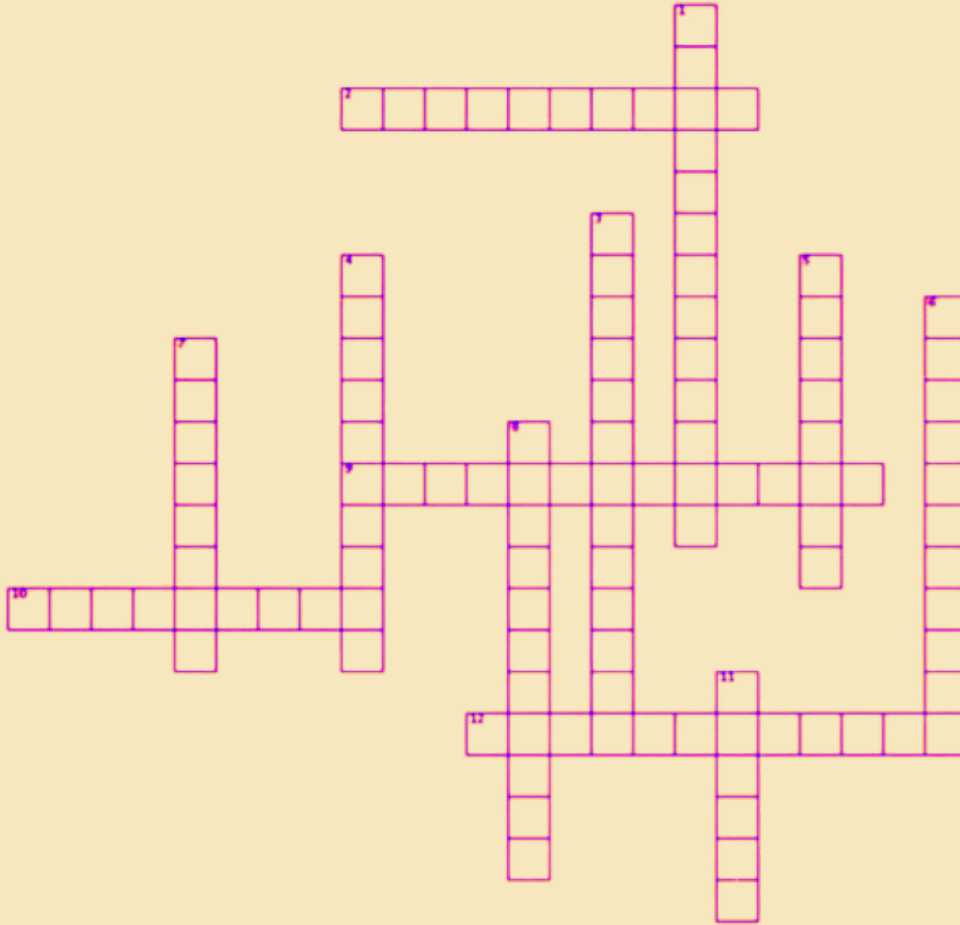


”

If you're going through something like what Priya experienced, remember that having disagreements/conflicts in a relationship is okay and even necessary. It might bring you and your partner closer. Here are some simple ways to manage conflicts healthily:

- 1 Practice Active Listening**
- 2 Use “I” Statements while speaking to your partner**
- 3 Focus on the present moment and current concern**
- 4 Address the behavior, not the person**
- 5 Use humour to diffuse tension during the conversation**
- 6 Seek Professional help for concerns which are particularly difficult**

Relationship Dictionary Puzzle



ACROSS

- 2.- Being aware of and communicating your needs, wants, and limits to others.
- 9 - A relationship that has no label on it. It is like a friendship but more than a friendship but not quite a relationship.
- 10 - Is a way to express love, care, and emotional connection.
- 12 - To stop a discussion from developing by refusing to answer questions or by talking so that you prevent other people from giving their options.

DOWN

- 1 - A Behavior in which one person sends vague messages to keep another person interested, without any intention of fully committing.
- 3 - to share transparently as to what you are experiencing and what your needs are.
- 4 - When someone takes information about other's identity and uses it as their own illegally.
- 5 - The practice of suddenly ending all contact with a person without explanation.
- 6 - When someone comes back all of a sudden to show a lot of affection, and soon ghosts you. to share transparently as to what you are experiencing and what your needs are.
- 7 - A close relationship where mutual acceptance, nurturance, and trust is shared.
- 8 - Psychological manipulation in which one person makes another person doubt their perception, experiences, and memories of understanding of events.
- 11 - A romantic stage, to get to know each other, discover similarities, and learn about expectations, goals, and dreams.

KEY : 1-breadcrumbing 2-boundaries 3-communication 4-catfishing 5-ghosting 6-lovebombing 7-intimacy 8-gaslighting 9-situationship 10-affection 11-dating 12-stonewalling

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EXPERT'S DIALOGUE



Name - Dr. Cicilia Chettiar

**Assoc. Prof & HoD,
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The single most scary thought for most people is the lack of a relationship. You may assume that money and power are far more enticing but for most, they are merely conduits to be with someone. Even in the most convenient of marriages the presence of the partner is not underrated even while it may be undermined.

Evolutionary science explains the need for partnerships as a drive ingrained in us to promote the species. An anchor who can break your fall or pick you up after a fall, face the highs and lows with you and who gives you acceptability in society – that's the psychological need for a partner. Being with someone makes it easier to tolerate or even ignore ourselves. Society sanctioned norms for love marriage and parenthood make us shut ourselves out of the relationship with ourselves and focus on the other.

Love is an idea that is best explored first with oneself then another. Marriage was an idea to keep children safe and healthy till they became self-functioning adults. It was a means to an end. By making relationships the end, we took away their power, beauty and strength. That is the start of unpleasant emotional states leading to disorders based in anxiety and affective disturbances. Before jumping into the swirling waters of a relationship, learn swimming through your emotions and past baggage under the guidance of a professional. Make self-knowledge and awareness a priority if you don't want to end up sharing the therapist's couch fighting to keep yourself sane and your relationship stable.

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Help is a call away

PROJECT MUMBAI IS HERE FOR YOU!

If you or any adolescent you know is experiencing any mental or emotional distress, kindly call on Project Mumbai toll-free mental health helpline number:

SAMVAAD A Helpline for Adolescents 1800-102-4040

This helpline is active from 8 am to 8 pm, seven days a week and is handled by counsellors with varied expertise.

In case of any mental health related concerns, please feel free to reach us on
mentalhealth@projectmumbai.org

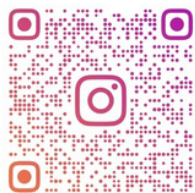
- **ICALL HELPLINE (GENERAL COUNSELLING)- 02225521111**
(MON-SAT, 8AM-10 PM)
- **HUMSAFAR TRUST (LGBTQIA+)- 0226673800**
(MON-FRI, 10 AM-8PM)
- **ARPAN (CSA)- +91-9819086444 (MON-FRI, 9AM-6PM)**
- **AASRA (SUICIDE PREVENTION)- +91-9820466726**
(7 DAYS A WEEK, 24 HOURS)

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