

Relationships

Definitions

A relationship is any connection between two or more elements and these elements can be anything from chemical substances to human beings. From this definition, we can deduce the meaning of this word as applied to human beings. A teen relationship can be of the following kinds:

1. Between peers
2. Between teens of the opposite gender, like boyfriend-girlfriend relationships
3. Between teens and other people of different age groups

The quality of relationships can vary, and we will discuss three types of relationships:

- family friendships
- teen friendships
- teen love relationships

How to know if you have relationship problems

Growing up often results in many changes in teenagers, and one of the ways in which changes are frequently seen is in relationships with other people, including friends, siblings and parents.

When children are young, parents used to be very close to their children, and used to enjoy talking to each other about things going on in their lives. However, teenagers may no longer want their parents to be as involved in their lives, especially outside the home, or want to communicate as much anymore.

Teens may also begin to be embarrassed by their parents, and no longer want to interact as much with younger siblings, often thinking of them as childish. When you are out as a family, they may no longer want to walk alongside you, and may trail along behind or in front of the family group.

Communication may cease to be as fluid and, instead, simple questions that once produced chatty and friendly answers may instead be replied to with gruff, one word answers or mutters.

When trust suffers in a relationship, members may be suspicious of each other's actions, even going as far as resulting in physical and mental abuse when members accuse each other of cheating.

In unhealthy relationships, members lie to each other and are blatantly dishonest, causing the quality of the relationship to suffer.

In unhealthy and abusive relationships, communication degenerates to the point of either ceasing completely or resulting in abusive and attack-based communication. Threats, insults and other forms of demeaning communication will occur when conflict arises in an unhealthy or abusive relationship. In other cases, communication between members will significantly lessen, preventing resolution of problems and feelings from being expressed.

Unhealthy, abusive relationships with low levels of respect result in both members being inconsiderate of each other, going so far as showing little concern for the well-being of the other person.

Time management issues can also result in members feeling smothered or completely isolated, causing outside relationships to suffer and leading members to feel "trapped" in the relationship.

Assumptions are the termites of relationships. ~Henry Winkler

A teen love relationship can have many problems, including those mentioned above. However, there might also be others such as the opposite – being obsessed with the other party and spending too much time. One can look at the priority and time given to that person – if going out or talking to the other person is more important than other priorities such as school work, then one is likely to be affected by this relationship.

Tips for preventing relationship problems

A. Communication: Issues from the past should stay in the past, and parties must be honest with each other. When communication does occur, the following rules are to be kept, such as against the use of:

1. Name calling
2. Swearing
3. Intentionally Offensive Remarks

B. Issues should be discussed in a calm manner. Should conversations become heated, both parties should not result to physical action.

There are a couple of factors that are very essential in maintaining a healthy relationship. Firstly, there is trust. When implemented effectively, both members share a complete understanding of each other that allows for feelings of safety in the relationship.



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Also, honesty in a healthy relationship will result in both members being open with one another, while still feeling free to keep certain things private.

Open communication is key to a quality relationship. Conflicts and problems are openly discussed with civility. Both members practice effective listening skills, express willingness to consider the other's opinions and will compromise during conflict management.

Respect in a quality relationship results in both members being treated as valuable and as an individual, with each regarding the other highly.

All in all, you should respect your differences, as they are often the things that make a relationship great. You should also talk to the person(s) you are in the relationship with about how you're feeling and what you're expectations are. Spending time with each other is very important as well, as any type of relationship requires you to put time and energy into it in order to maintain it.

A teenager's focus should be on studies, and should not look for love relationships. These relationships often do not last long, and may have a bitter end that hurts one or both parties. As such, the easiest way to prevent this would be to avoid this kind of relationship until a later stage of life.

Tips for solving relationship problems

Prevention is always better than cure, as you will avoid any future problems. However, in the case that one is not able to prevent a relationship from deteriorating, there are some actions that can be taken to improve the situation.

We see or perceive the world based on what we choose to pay attention to and how we choose to interpret it. If we see ourselves as victims, then we are. We always have several choices, and we can change our behavior by identifying and choosing better choices of actions. If we think that we are on the wrong track, we must make the choice to change it.

1. Try to settle all conflicts as soon as possible. If you are in the wrong, apologize to the other party. If the other party wronged you, be forgiving and choose to forget it. Present the areas that you think that the other party has wronged you in, and strive for reconciliation.
2. Do not judge the other party. First, you should try to understand their situation. He/she might have other major problems, and may have reasons for things they do. Parents often discipline children out of love, and set rules and boundaries to protect them. As children, one must learn to respect and adapt to follow them.
3. Dealing with teen love relationships is the hardest, as it involves young people who are often sensitive and easily emotionally affected. One can slowly break out of such a relationship by communicating less with the other person, and by being honest.

Tactfully requesting an end to a relationship, and expressing a wish to remain as friends, can be an amicable end. Both parties can then focus on better things and need not worry about problems from this relationship.

External Links and Sources

<http://www.yourteenager.co.uk/>

<http://au.reachout.com/find/articles/managing-relationship-pressures>

http://www.ehow.com/about_6606819_teen-relationship-problems.html

<http://www.mediate.com/articles/blythB1.cfm>

<http://www.youngwomenshealth.org/friendship.html>

<http://ezinearticles.com/?Teen-Relationships&id=92778>

<http://www.yourteenager.co.uk/changing-relationships-with-parents.html>

<http://www.sideroad.com/Relationships/how-to-get-out-of-a-bad-relationship.html>