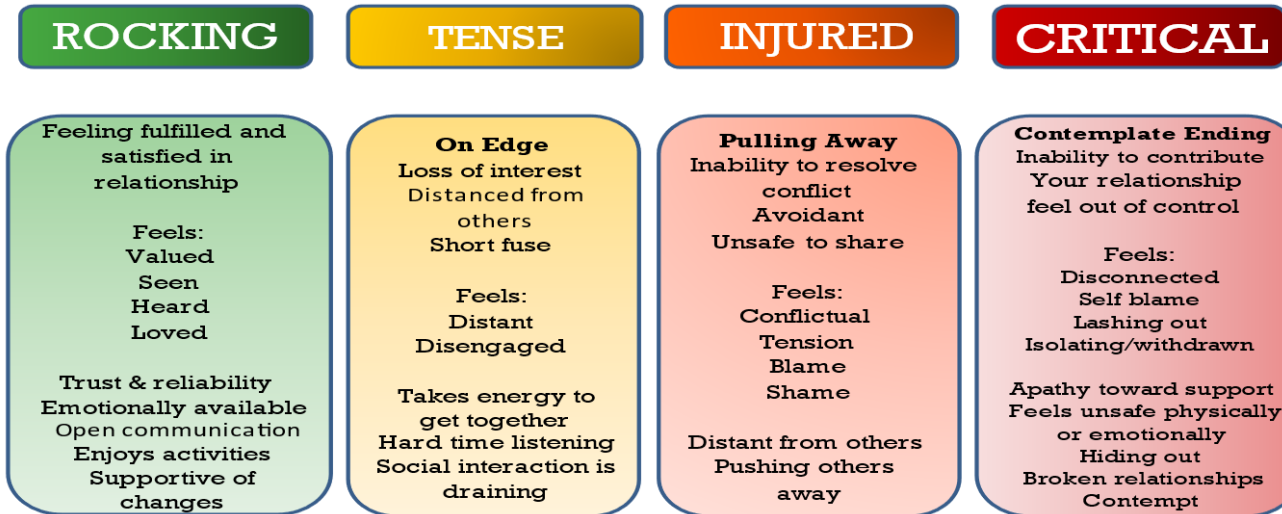
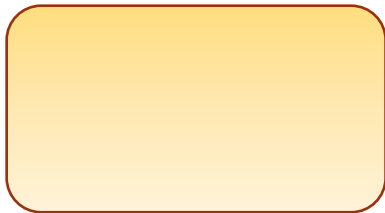


Stress continuum in Relationships



Adapted from McGladrey & Doria, 2020

Identify Your Most Important Relationships and What Color Are They In The Moment



Identify Some Strategies That Can Use to Help Get That Relationship Trending Towards Green

Relationship	Strategy/Strategies

Remember Love Languages when thinking about how to help:

- 1) Acts of service
- 2) Touch
- 3) Quality Time
- 4) Words
- 5) Gift Giving

Remember [Gottman's Road Maps](#)

Remember That Removing Drains Can Also Improve Relationships

- 1) Fighting
- 2) Neglect
- 3) Lack of valuing the person