

# EP 036 INTERPERSONAL RELATIONSHIPS

## SHOW NOTES

### OBJECTIVE

> Develop an understanding of interpersonal relationships.

### UNDERSTANDING INTERPERSONAL RELATIONSHIPS

An **interpersonal relationship** is a strong bond between two or more people. Attraction between individuals brings them close to each other and eventually results in a strong interpersonal relationship.

To be human is to be involved in interpersonal relationships. **Building relationships** is something that we all do having learnt these skills from birth. Developing healthy relationships as adults means building on these skills and refining them so that we can adapt around others' needs as well as our own. We interact with other people in many different ways - some of these interactions are **transient** whilst some of these interactions are **deep and meaningful**.

### HEALTHY RELATIONSHIPS

Building healthy **interpersonal relationships** is one of the ways that you use your **emotional intelligence**. **Healthy relationships** are built around mutual understanding that involves **empathy, trust** and an acceptance of each other's **values**. Some **disagreement and conflict** will be inevitable as this is where **learning, creativity** and **understanding** occurs. It is not that conflict occurs that is the issue, it is how it is managed.

### CHARACTERISTICS OF INTERPERSONAL RELATIONSHIPS

- > Individuals in an interpersonal relationship must share **common goals and objectives**. They should have more or less **similar interests** and think on the **same lines**. It is always better if individuals come from similar backgrounds.
- > Individuals in an interpersonal relationship must **respect** each other's views and opinions. A sense of **trust** is important.
- > Individuals must be **attached** to each other for a healthy interpersonal relationship.
- > **Transparency** plays a pivotal role in interpersonal relationship. It is important for an individual to be **honest and transparent**.

### APPLICATION

- > Think of three ways you can improve your interpersonal relationships and be specific in how you will do this.

### RESOURCES

- > More from Dr Natanael Costea: [www.eq.org.au](http://www.eq.org.au)
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