

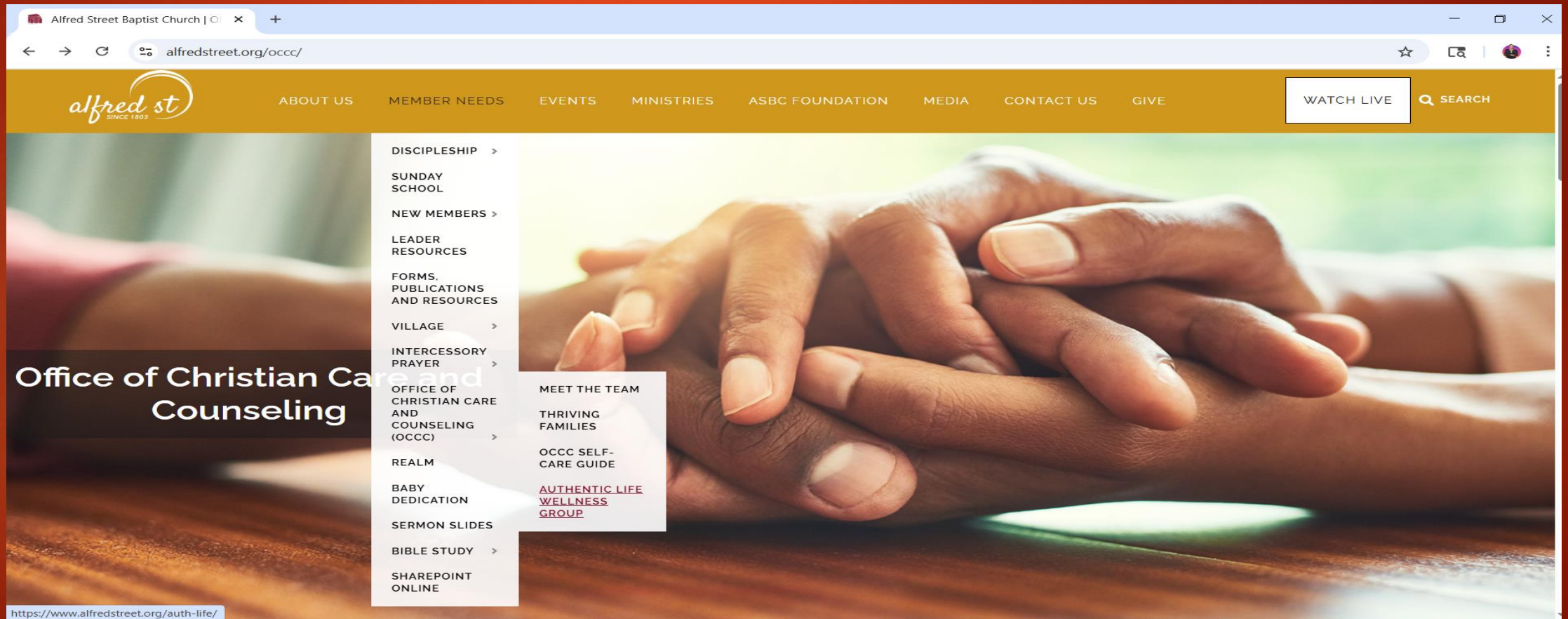
An Authentic Life Series w/
Dr. LaTasha Morgan ©2025

-A 10 Week Wellness Group-

A journey to self-discovery, courage and
authenticity to be who God PURPOSED you to
be!

Alfred Street Baptist Church
Office of Christian Care and Counseling
Rev. Dr. Howard-John Wesley- Senior Pastor

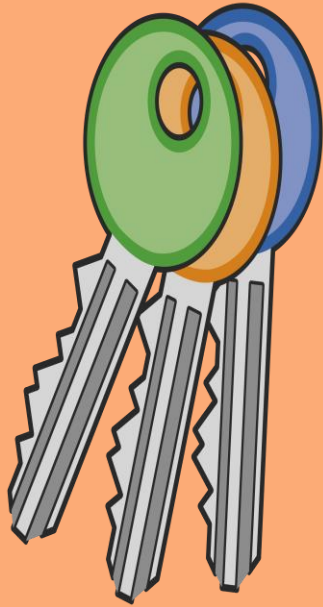
- ▶ www.alfredstreet.org
- ▶ Member needs
 - ▶ Office of Christian Care and Counseling
 - ▶ Authentic Life Wellness Group





Chapter 5

Keys To A Healthy Relationship



KEYS to a healthy relationship

MOH is about building and
protecting healthy relationships

NOT JUST
addressing problems.



15 Keys to Healthy Relationships

RELATIONSHIP INDICATORS

GREEN LIGHT:

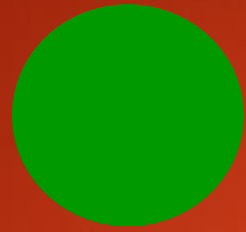
HEALTHY
SAFE
FLOURISHING
GROWTH
BREATHE
STABILITY

RED LIGHT

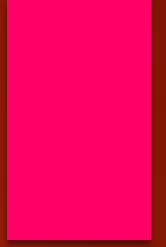
NEGATIVE
ONE-SIDED
STIFLING
ABUSIVE
INSECURITY
UNHEALTHY

Sacred Pause:

- ▶ Consider times in your life when you either had a healthy relationship or witnessed healthy – not PERFECT- relationships. pg. 52

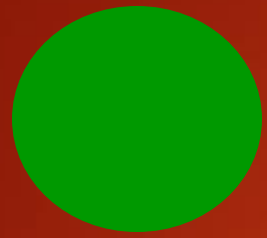


Caring IS Key

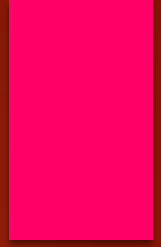


▶ Consider the heart of a person...

- ▶ Are **they** empathetic, compassionate, and caring, and are **you** empathetic, compassionate, and caring?
- ▶ Do feelings guide the way you communicate and show up for each other?
- ▶ Do you care about the other persons feelings, values, needs and goals?
- ▶ Do you grieve and celebrate together?
- ▶ Do you learn what brings the other joy and a sense of being cared for?

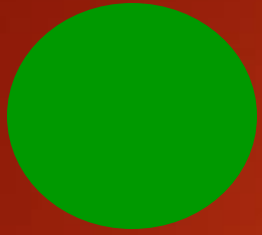


Open Communication

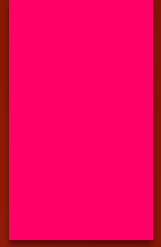


▶ **Authentic Self!!! Is KEY when talking about GREEN LIGHTS**

- ▶ Can you freely express yourself, your feelings, and your thoughts- and does the other person *also* feel safe and comfortable with you?
- ▶ Open communication is Proactive not Avoidant
- ▶ Communication is based on love and respect
- ▶ Communication is invitational
- ▶ Open communication is non-blaming, overgeneralizing, or attacking
- ▶ Emotionally mature relational communication: acknowledges wrongdoing and apologizes with words and changed behavior



Self-Awareness is key



▶ **Being self-reflective or self-aware is vital in creating and sustaining healthy relationships.**

▶ Major KEY POINTS in this section:

1. When you don't know yourself, you can be scarcely aware of what another person wants in a relationship.
2. It is hard to take ownership of the share of the issues or difficulties in the relationship.
3. I am perfect, others are at fault...
4. Self-Awareness needs to be reciprocal.
5. There is a willingness to reflect, be open, at ease, breath and not walking on eggshells.



Growth and Change are key

▶ **Awareness without follow-up is insufficient.**

- ▶ Reflect often on your growth and improvement
- ▶ Self honesty
- ▶ Maturing
- ▶ What areas have you see growth as you see yourself in a new relationship or in relation to your own mindset and patterns.
- ▶ Self-aware people often invest time and energy into becoming their best selves and into the relationship

Sacred Pause:

- ▶ Have you seen growth in yourself and your partner in your communication style, in your emotional and physical intimacy, in your ability to resolve conflict, in your nourishment of yourself, and in your consideration of the other person? pg. 57



Boundaries & Vulnerabilities Are Key



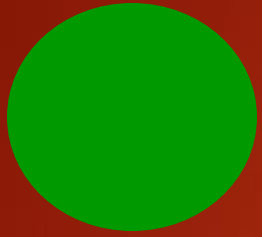
▶ **Boundaries help keep you safe.**

- ▶ Sign of respect
- ▶ Involves genuine honor, mutual consideration and compromise at times
- ▶ Honors the needs of both people
- ▶ Having a healthy level of vulnerability with one another is important
- ▶ Safely share insecurities, doubts, fears, exhaustion, and uncertainties
- ▶ Should be upheld, discussed and clarified if need be

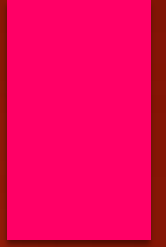


Shared Beliefs

- ▶ **Sharing a sense of appreciation of a higher source, God, or life force that can provide wisdom and love.**
 - ▶ Partner who has a shared sense of spirituality is a positive sign
 - ▶ Shared spiritual beliefs and practices (meditating, praying, reading sacred texts, fasting, attending religious services, connecting to the sacred with the arts, nature, volunteerism and advocacy.
 - ▶ Fortifies support of self and in a relationship
 - ▶ Provides a common element of connection
 - ▶ Offers guideposts to stay on a positive track
 - ▶ Source of accountability and value

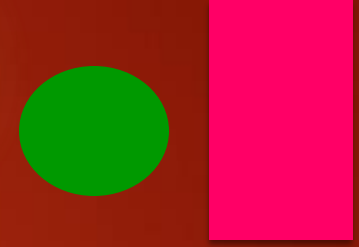


Outside Healthy Connections



- ▶ **A sign of healthy outside connections includes the nurturing and presence of “others”...**
 - ▶ Both should have family and other external healthy connections...
 - ▶ Having a range with your relationships
 - ▶ Consideration of words, actions capacity and ability matter as much inside as they do outside
 - ▶ Outside connections help support, show up, encourage and push you to grow individually and within the relationship.

Appreciation, Investment, Balance, Affection, Fun, and Support as KEYS



- ▶ Appreciation: Don't take each other for granted
- ▶ Safety: Having your well-being taken into consideration and not being handled maliciously or carelessly is key.
- ▶ Investment: Neglect kills a relationship- it needs time, energy and effort
- ▶ Balance: Both people need to nourish themselves. Neither can afford to get lost in JUST the relationship. Consider- hobbies, interests, dreams, work, health, family and friends.
- ▶ Affection: it and intimacy are important aspects of connections. Shows up as touch, kisses, hugs, cuddles, holding hands, massages, caresses. Affection satisfies the needs to be seen, attractive and desired.
- ▶ Fun: Learn how to play again!
- ▶ Support: Advocate, Cheerleader, Supporter, Listener, Sacrifices, Dreams, NO COMPETITION

Activation Exercise

- ▶ Sometimes when you think about relationships as something to build or fix, you can forget to enjoy the person you're connected to.
- ▶ This week, plan a fun activity together. Try to pick something that both of you will enjoy.
- ▶ This can help you both remember why the connection is worth nourishing and prioritizing. Shared laughter strengthens your bond. Enjoy each other.

Affirmation

- ▶ If it aligns with you, place one or both hands on your heart and declare. “
- ▶ I am worthy of giving and receiving love.”