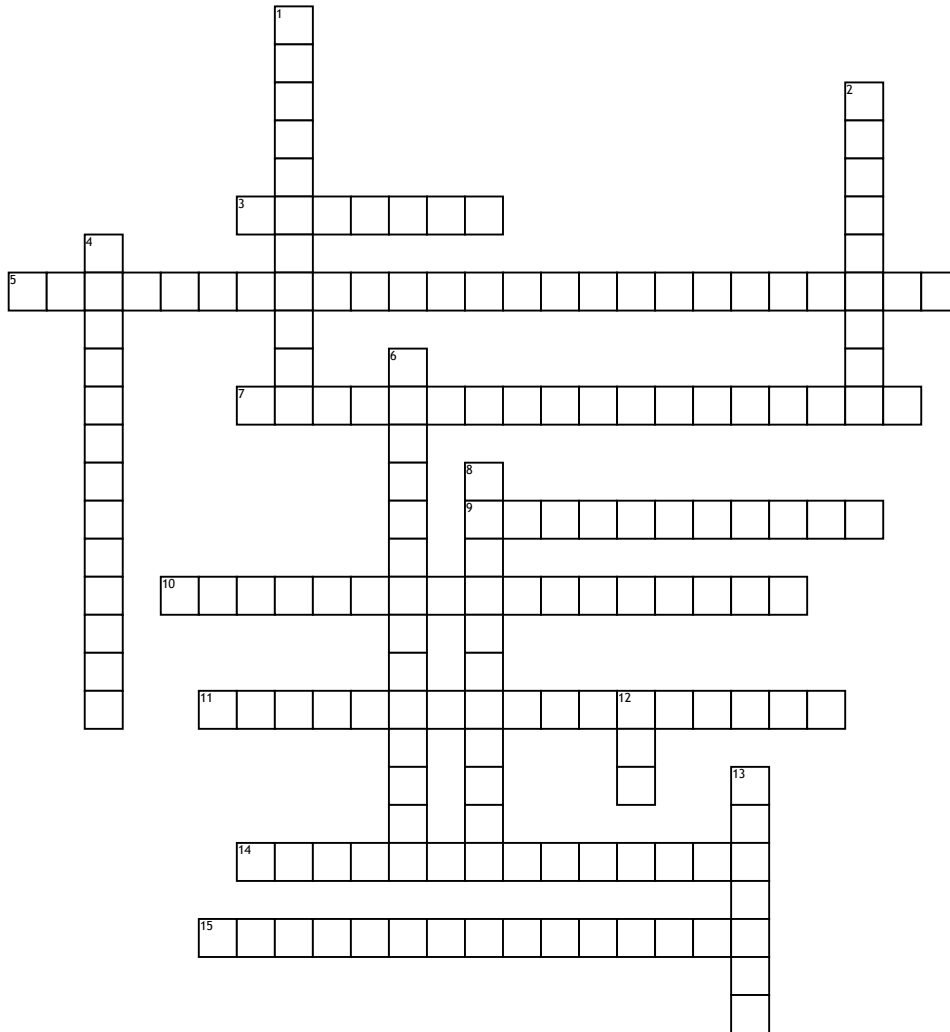


# Maintaining Healthy Relationships



## Across

3. a package of mutual self-disclosure, other forms of goal-oriented behavior aimed at facilitating the relationship, and attributions about self's and other's motivations, intentions, and effort in the relationship
5. couples learn to bond through having conversations that express needs and avoid criticism
7. Model that shows that in early stages of relationships partners engage in arousal activities that they find exciting, elevating their satisfaction level
9. the achievement of desired behavior from your partner

10. \_\_\_\_\_ leads some people to engage in compensatory behavior to enhance a relationship

11. A measure of stability of the emotions involved in the relationship by both partners that creates a secure attachment

14. Relational maintenance behavior, spending time with family and friends

15. Just like everyone has a love language, everyone has an \_\_\_\_\_ too.

## Down

1. occurs when one person is over benefited, one person perceives that, on balance, they get more than the partner does or underbenefited

2. Fair and impartial

4. most important strategy in maintaining a successful relationship

6. a tool that helps us love others and maintain our friendships

8. the action of providing emotional support or encouragement to your partner

12. Theory used to describe the organization of private information by either parties in a relationship

13. to embrace your differences and don't criticize the other because they have different interests

## Word Bank

Shared networks  
Minding  
jealousy induction  
CPM  
equitable

Communication  
inequitable  
respect  
emotional security  
Affirmation

Self expansion model  
apology language  
Self disclosure  
Emotionally focused therapy  
fulfillment