

## Long Term Relationships

In love again or the first time, it still feels great. You feel a little giddy, like a teenager back in high school and perhaps at last, you've found the one!

Before a commitment is made, however, it is often helpful to slow down and use a screening device to help you to come to a reasoned decision with the increased possibility of long term success.

### THE SCREEN

- How respectful is this person of their parents and loved ones?
- Do they treat you with the respect you deserve?
- What are their values? That is, what do they really believe in that they are unlikely to compromise?
- How do they deal with anger and frustration?
- Do they make a good friend? A good companion for you?
- Do you come from similar philosophical backgrounds?
- How do they deal with money? How will financial decisions be made?
- How do they feel about children?
- In case of promotion or transfer, how is a decision reached as to whether to move?
- How do the two of you negotiate solutions to problems that crop up in the relationship?
- How will the issue of aging parents be addressed?
- How does this person deal with the issues of alcohol and other drugs, issues around sex, roles within the home and freedom in the relationship to continue to grow together and separately?

If you can be comfortable with the answers to these questions and others that are uniquely important to the two of you, the likelihood of success is greatly enhanced.

Respect, companionship, good listening skills, empathy, compassion and a wonderful sense of humor combined with love may not guarantee a long term relationship, but it sure moves it in that direction!

If you find yourself having difficulty in sorting out the issues in a relationship, consider seeking assistance with Continuum Employee Assistance. Our counselors are there to assist you in finding solutions with this or other types of personal problems.



If you are feeling overwhelmed and need someone to talk to, the staff at Continuum can help. Contact us at:  
**Continuum EAP 1135 M Street, Suite 400, Lincoln, NE 68508**  
**800-755-7636 or 402-476-0186**  
**[eespecialist@4continuum.com](mailto:eespecialist@4continuum.com)**