

Close Companions: Online Relationship Academy

Course: Managing Stress Together

Lesson Five: Managing Relational Stress

Part 1: Foundational Information

Objectives for this lesson

1. Have a clearer understanding of the causes and effects of relational stress.
2. Understand the DO's and DON'Ts of dealing with relational stress.
3. Clarify your mutual awareness of current relationship stressors and the effects they're having.
4. Establish a shared understanding of how you want to manage your shared stress.
5. Develop your conflict management skills.

Causes of Relational Stress

1. Situational stressors
 - Challenging circumstances
 - Time pressure
 - Fatigue
 - Unmet wants, needs, expectations
2. Everyday relational irritants
 - Personality and temperament differences
 - Personal habits
 - Differences of opinion or preference
3. Special circumstances
 - Recycled issues
 - Core issues
 - Disloyalty and betrayal