

## Relationship Transitions

We all go through transitions in life, whether this is within a relationship or in the relationship with yourself, it can be challenging to navigate the many emotions and potential disruption this can bring. Below are a few tips you can apply that may just be the answer you are looking for:

### Managing Transitions

**Talk to each other:** Keep communicating with each other throughout the changes, discussing the coming changes, what this may mean for the relationship, your own thoughts, feelings and behaviours, options available and workable for you both.

**Take time together:** If applicable, schedule time together to talk through the transition, if possible, making this a semi-regular activity to ensure the space is provided to discuss feelings, thoughts experiences and emotions.

**Take time apart:** As much as it is important to spend time together, it is also important to take time to yourself, reflect, and check in on you! This ensures that you are able to express your feelings clearly and can therefore be shared accurately when appropriate to do so.

**Be flexible:** It is important to (if possible) remember that things don't always go how you expect or want them to, sometimes life has a different idea to you for the outcome! Being open to potential changes leads to less stress/anxiety for you.

**Know limits:** Whether this is your own limitations or limits regarding the transition it is good practice to assess these and set boundaries and limits, and to express these to each other as there may need to be changes in the future!

### Transitions & Self

There are many transitions that happen throughout our lifetime that are changes both internally and externally with ourselves. Here are some things to consider:

**Be kind to me!** It is easy to think negatively about ourselves and start a downward spiral of negative thinking. Take some ME time and do something that makes you feel good. Read a book, have a bath, writing down 3 things we are grateful for every day can have a massive impact on our thought patterns and mood. You know you and what will work best.

**Rest, Relax & Enjoy!** Carve out time in your busy schedule for you! When we busy ourselves too much, we can get run down, or burn out, taking time to unwind could help bring fresh perspective and rests your body and mind.

**Talk to someone.** Sharing your thoughts, concerns, ideas with others can help to unburden ourselves. Whether this is with a counsellor or friend/family member, you may find you get a sense of relief.

**Acceptance.** When we change, whether transitions outside of our control happen or even when changes happen that we brought about ourselves, we need to take time to accept that change has happened and this can be challenging but, however necessary to move forward.

**Consider the positives** in what has changed. Change can be negative, but can also bring about a whole new exciting chapter in your life. 'Every cloud has a silver lining', if we look hard enough!

**What do you want?** Consider what you want from this change, what you need from the change and what you can control from it.

## What now...?

If you would like to talk to someone about what you are experiencing, would like to give counselling a try, OR are unsure about counselling but feel you need something...we have an option for you.

### One At A Time Therapy

Not sure counselling is for you? One At A Time Therapy is a one-off session with a counsellor which can help you in the here and now, with whatever the biggest issue is you are facing in your relationships or mental health.

### Relationship MOT

This service is a light touch activity for you and your partner, a 'check-up' for your relationship which can help you to remember what you love about them and remind them off it, while finding out ways to help you move forward in the areas that you might not be on the same page about.

### Counselling services

Relationship Counselling may be an effective intervention to support your relationships and mental well-being. We offer a range of counselling services including for Individuals, Couples, Families, Children & Young People.

If you would like to learn more about these or any of our other services, visit <https://www.relateni.org/services/> or call 02890 323454.

Our website also has a range of [helpful tips, tools and resources](#) to help support your relationship and mental fitness.

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## Some useful numbers

**Lifeline:** 0808 808 8000

Deaf & Hard of Hearing Textphone Users can call on 18001 0808 808 8000.

**Women's Aid:** 02838 397979 (Portadown Office)

**Domestic & Sexual Abuse Helpline:** 0808 802 1414

**Mens Advisory Project:** 02890 241929

**Parentline NI:** 0808 802 0400

**Samaritans:** 116 123

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can  
Relate**