

Quantico Family Advocacy Program

Newsletter



February 2023



Healthy Relationships

Do you know which month is "Relationship Wellness Month?" You guessed it! It's February! The month we celebrate **Valentine's Day**, love, and all things kisses & hugs.

This month is to help nurture and maintain healthy relationships. This is not just limited to romantic relationships but also with friends, family, and others in your life. It is a great reminder that having meaningful, healthy, and valued relationships take work.

Love is not just something we feel but something we express. Expressing our feelings to people we value should be a year round thing. This is a good month to be proactive and intentional about celebrating our most cherished relationships.

Some vital foundations of maintaining and building healthy relationships is strong communication, good boundaries, shared respect, and support for one another. Moreover, it is always nice for a person to see or hear how much you appreciate or care for them!

So, during this month, please take some time to reflect on the significance of your relationships and take some steps to implement and maintain those good connections.

The 5 Apology Languages

Comparable in concept to a love language, an *apology language* is how you offer and accept an "I'm sorry." And while, like most of us, have never put too much thought into what that looks like for you, how you apologize to your partner is extremely important to consider and discuss; especially since every person needs something different in order to move past a disagreement or an argument. For some, it may be sufficient to hear "you were right, I am sorry" after a disagreement, but for others that response could feel empty and dismissive.

In total, there are five apology languages:

1. *Expressing regret* ("I'm sorry for saying that, that was a mistake and I never should've communicated that.")
2. *Accepting responsibility* ("I am so sorry, it was my fault that this happened.")
3. *Genuinely repent* ("I'm so sorry for what I did. I know there may be nothing that could ever make it right, but I'm going to make sure it doesn't happen again.")
4. *Making restitution* ("This is how I will make it up to you ____.")
5. *Requesting forgiveness* ("I understand that what I did was wrong, and I request your forgiveness.")



Why Do Apology Languages Matter?

We all know that apologizing, particularly after a disagreement is crucial, but did you know *how* you apologize also makes a difference. How someone behaves after hurting their partner can have a sweeping impact on the individual who facilitated the hurt, their partner, and their shared relationship.

So, what can you do if you have a different apology language than your partner?

Compromise! Seeking to intentionally heal the hurt between yourself and your partner facilitates communication to make amends and grow through the disagreement or argument. Even if it may feel awkward to ask forgiveness or admit accountability for something, your partner's needs should be considered (just as much as your own) after a disagreement as well as throughout the span of your relationship.

If you want to discover your Apology Language, visit this link:

<https://www.5lovelanguages.com/quizzes/apology-quiz/>.

And you can also discover your Love Language here:

<https://www.5lovelanguages.com/quizzes/>.

-Tori Vance
Clinical Counselor



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MOVIE QUOTES TRIVIA

Choose the movie title with the quote from our favorite romance movies! If there's a movie, below, you haven't seen, add it to your movie playlist for date night!

1. "Some people are worth melting for. Just maybe not right this second."
 - a. *Beauty and the Beast*
 - b. *Frozen*
 - c. *Snow White*
2. "So it's not gonna be easy. It's gonna be really hard. We're gonna have to work at this every day, but I want to do that because I want you. I want all of you, forever, you and me, every day."
 - a. *Good Will Hunting*
 - b. *Sleepless in Seattle*
 - c. *The Notebook*
3. "I vow to fiercely love you in all your forms, now and forever. I promise to never forget that this is a once in a lifetime love."
 - a. *The Vow*
 - b. *Great Expectations*
 - c. *Serendipity*
4. "I don't wanna love in half measures. I want it all. And to have it all, we have to risk it all."
 - a. *To All the Boys: P.S. I Still Love You*
 - b. *Love Actually*
 - c. *50 First Dates*
5. "Some love stories aren't epic novels. Some are short stories, but that doesn't make them any less filled with love."
 - a. *Shakespeare in Love*
 - b. *The Fault in Our Stars*
 - c. *Sex and the City*

True Friendship in Romantic Relationships

Most relationships are built on the foundation of great friendships and a solid friendship is what most people desire in their relationships. We want someone who makes us feel safe, heard, valued and someone who we enjoy spending time with. However, as time and life progresses, it becomes harder to nurture the essence of that once solid friendship with your partner. People become too busy or comfortable to maintain it. It takes mindful effort and work to maintain a genuine friendship. Here are **THREE** practical ways to make sure a friendship with your partner is at the heart of your relationship.

1. Schedule time for fun.

It does not have to be a date night or a 'Bae-cation' but something you both enjoy doing with one another.

2. Talk like friends.

Don't just talk about your issues or concerns, talk about positive things. Protect the conversation and avoid negative talk or anything that may ruin the mood. Schedule time to discuss topics like finances or children later.

3. Make your partner feel safe.

It is okay to challenge your partner but not at the expense of their feelings or their trust in you. Having the ability to talk to your partner about anything without criticism, judgment or reprimand is vital in them feeling emotionally safe in the relationship.



Upcoming Classes/Workshops

IDC/FAP Training

February 3rd, Little Hall

8:15 am - 4:00 pm

Focuses on domestic violence and child abuse prevention and the IDC process. Required for all commanders within 90 days of assuming command, newly appointed IDC voting members, and fulfills annual refresher training requirements.

Within My Reach

Tuesdays, February 7th & 14th, Little Hall

9:00 am - 4:00 pm

Healthy relationship education class for individuals to help develop skills needed to make better relationship decisions.

Little Hall, 2034 Barnett Ave • Cox Hall, 24009 Montezuma Ave
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