

ADOLESCENCE

RELATIONSHIP COUNSELLING

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Abstract: *'Human relationship' has various phases. Counselling being a collaborative effort between the counselor and client, aims at identifying goals and potential solution to problems which causes emotional conflicts. A boy-girl relationship follows certain laws- 'laws of attraction, difference and self-image'. In this context, relationship counseling not only aims at identifying the problems but also provides insight into the type of relationship. Based on this knowledge, one can seek to improve communication and coping skills, strengthen self-esteem and promote behavioural changes and strong interpersonal relationships.*

Keywords: *Relationship, Counselling, Boy-Girl relationship, Love relationship*

Points to Remember

- ***The human relationship counselling model follows Roger's client-centered approach, where the client forms the core part of therapy process.***
- ***A boy-girl relationship follows certain laws- 'laws of attraction, difference and self-image'.***
- ***The boy-girl relationship can be of multiple types, and these have their own set of relationship issues.***
- ***A healthy boy-girl relationship is formed on the grounds of honesty, compassion, finding right balance, talking openly and having mutual respect.***
- ***Physical relationship before marriage can affect post marriage relationship.***

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