

A Simple Test of a Good Relationship

D. Charles Williams, Ph.D.

Licensed Psychologist | Marriage and Family Counselor | Athens, Georgia

In order to determine if the relationship you are in is good, bad or mediocre, ask yourself the following questions (which will involve talking with others as well) :

1. Does he or she like my friends?
2. Do my friends like him or her?
3. Do I like his or her friends?
4. Do his or her friends like me?
(If there are no friends to consider, beware or better yet, run!)
5. Do I like his or her family?
6. Does his or her family like me?
7. Does he or she like my family?
8. Does my family like him or her?

If the answer to all these questions is “Yes” you may just have your future mate in front of you. However, if the answer to any of these questions is “No” you better find out why. One or two “No’s” doesn’t always disqualify the relationship, but there should be a reasonable explanation (not rationalization) for this.

If you don’t like his or her friends, why not? Maybe your significant other has the same concerns, but what are they doing about it? As the saying goes, “show me your friends, and I’ll show you your future!”

We don’t choose our family, but their influence and legacy will have a lasting impact on our lives for either good or bad. The same is true for your significant other’s family, so choose your partner wisely. Remember: “the apple doesn’t fall far from the tree.”

D. Charles Williams, Ph.D. is a Licensed Psychologist, Licensed Marriage & Family Therapist, AAMFT Approved Supervisor and Executive Coach based in Athens, Georgia. Dr. D. Charles Williams specializes in men’s issues, premarital & marital counseling, depression, adolescents (16+), addiction & recovery, spiritual issues, management coaching for success and workplace issues. He completed his undergraduate training in psychology at Clemson University and graduated with a Ph.D. in counseling from the University of Florida. Dr Williams began his career as an Assistant Director of the North Florida Evaluation and Treatment Center, and later the Director of the Adult and Older Adult Clinics at the Central Florida Community Mental Health Center in Gainesville, Florida. He received three years of post-graduate supervision and training from the Director of Training at the Philadelphia Child Guidance Clinic in marriage and family therapy. After moving his private practice with Family Counseling Associates from Gainesville, Florida to Atlanta, Georgia, he joined the Atlanta Network for Individual and Family Therapy. He also provided business consulting for RHR International as a Consulting Psychologist in Atlanta providing coaching to executives and managers in Fortune 1000 companies. Dr. Williams is the author of *The Eight Toughest Problems Parents Face and How to Handle Them*; *Forever A Father, Always A Son: Discovering the Difference a Dad Can Make*, as well as many articles on marriage counseling. Dr. Williams’ Athens Psychologist office is located at 1751 South Lumpkin Street Athens, Georgia 30606. Phone: (706) 543-5552. Fax: (706) 354-8904. Email: DrWilliamsCoach@aol.com. Or visit www.DrWilliamsCoach.com