

ADDRESSING OBSTACLES IN YOUR CASUAL RELATIONSHIPS

Time to do some journaling. If you did the exercise from our previous blog post, take a moment to look at all the relationships you wrote down that fall under the “casual” category. Then list challenges you’re experiencing in those relationships. What specifically has changed? Behaviors or verbal dynamics? Or is it a lack of something? Once you’ve recorded your observations, refer to the suggestions for dealing with relationship obstacles in this blog post and see if any feel right to you.

If nothing feels right, you might use the five love languages to help you understand what you need to feel supported in your casual relationships. Not familiar with the five love languages? [This article](#) breaks it down and provides a quiz at the end for you to identify your love language. While people may identify with more than one love language, we each have a primary one. Quick note: while the five love languages are often applied in the context of romantic relationships, they can apply to any relationship.

Category <i>(close friend, casual friend, colleague, family, others)</i>	<i>EXAMPLE: Family, work, friends, etc.</i>	<i>EXAMPLE: Work friend</i>		
Casual or intimate	<i>Intimate</i>	<i>Casual</i>		
Name of person <i>(or group)</i>	<i>My older sister Jan</i>	<i>Taylor</i>		
What has changed in your relationship with this person since your diagnosis?	<i>Jan seems to be more invasive of my privacy. We are close, but she is checking in on me all the time, and I appreciate the thought, but I feel...</i>	<i>Taylor doesn't understand what acromegaly is and thinks I'm using it as an excuse.</i>		
Are there any specific events or difficult interactions that stand out to you?	<i>Jan questioned my ability to go to my kid's soccer game and whether I felt up for it.</i>	<i>When I say I'm tired and can't attend a work function, he says I'm just using it as an excuse.</i>		
How might you address this shift in dynamic or challenge?	<i>I could go to therapy with Jan to have someone mediate.</i>	<i>Set boundaries.</i>		
How do you like to be communicated with? What is important to you? <i>(Words of affirmation, quality time, physical touch, gifts, or acts of service)</i>	<i>I need quality time. I need my sister to show she's there for me by being present but not by questioning my choices.</i>	<i>Having my boundaries respected makes me feel like I'm being treated as an equal in the workplace.</i>		
How does this person like to be communicated with? What is important to them?	<i>Jan is a big believer in acts of service. She prefers to have things done for her than to talk about something that might be challenging.</i>	<i>Taylor responds well to words of affirmation. So the next time he pushes me to attend a work event, I can say "You are so kind to want to include me, however, I'm going to pass on these events because my acromegaly makes it hard for me to attend social functions.</i>		