

# Healthy Relationships

**Support-** *Encouragement is offered when appropriate, each person supports the other's personal goals/aspirations.*

**Separate Identities-** *Each person has independence & privacy. Each person is able to have their own friends and involvement in separate interests or activities.*

**Fairness & Equality-** *Your wants & needs are just as valid as your partner's. Each person has an equal say in the relationship.*

**Mutual Respect-** *Each person is treated as if they are of value/worth.*

**Compassion-** *Each person has genuine concern for the things that cause the other person discomfort.*

**Understanding /Empathy-** *Each person is willing to recognize the emotions/feelings experienced by the other, has the ability to 'walk in their shoes', and tries to understand the other's perspective.*

**Acceptance-** *Each person feels they are 'OK' just the way they are.*

**Honesty-** *The relationship is built on truthfulness, there are no games involved.*

**Trust-** *Each person feels comfortable letting the other person know private aspects of their thoughts, feelings & life. Each person can spend time away from the other without accusations of lying and/or cheating.*

**Good Communication-** *Each person can talk freely and safely about issues that are important to the relationship. In areas of disagreement, both partners are willing to agree to disagree.*

**Consideration-** *Each person is mindful of the other person's needs and feelings.*

**Compatibility/Mutual Enjoyment-** *The couple shares similar values and interests; there is an element of fun & humor.*

**Personal Integrity-** *Each person is able to maintain their beliefs and sense of self.*

**Vulnerability-** *Each person can let down barriers and allow the other person to see their perceived weaknesses, without fear of negative reaction.*

**Physical Affection-** *There is an agreed upon frequency or level of intimacy including holding hands, hugging, kissing or sitting with your arm on your partner's shoulder. Each person respects the other person's physical boundaries.*