

10 Signs of a **HEALTHY** **RELATIONSHIP**



1

TRUST

Trust is when you have confidence that your partner would never do anything to hurt you or the relationship. Trust means you do not doubt the other person. Examples of trust include knowing they would never cheat and respecting you.

2

HONESTY

Honesty is when you can be truthful with another person without fearing judgment or repercussions. Honesty means you are able to share how you are feeling and never have to hide anything. Examples include sharing about your day, social experiences, and how you are feeling.

3

INDEPENDENCE

Independence is when you have room for yourself outside of the relationship. Your partner does not need to be involved in all aspects of your life. This could look like a partner being supportive of your hobbies or you making time for friends and family.

4

RESPECT

Respect is when both you and your partner value each other's beliefs and opinions, even if you disagree. Respect can look like setting boundaries, supporting each other's goals, and feeling appreciated.

5

EQUALITY

Equality is when both you and your partner put the same amount of effort into the relationship. This can look like compromising when there is a disagreement and feeling like your needs are just as important as your partner's. Sometimes one person may be putting in more work, but the end result always feels even.

6

KINDNESS

Kindness is when both you and your partner are caring, empathetic, and patient with each other. This can look like offering support and comfort, showing compassion, saying thank you, and actively listening. Kindness is a two-way street!

7

HEALTHY CONFLICT

Healthy conflict is when you and your partner are able to discuss any issues or disagreements openly and respectfully. Conflict is normal and expected in a relationship. Healthy conflict can look like trying to identify the root of the issue, not yelling, and being patient. Remember, it is you and your partner against the issue, not you against your partner!

8

COMFORTABLE PACE

A comfortable pace is when the relationship is moving at a pace that both you and your partner find enjoyable. Examples of this include not pressuring someone and discussing the relationship's goals.

9

RESPONSIBILITY

Responsibility is when you and your partner own the actions you make and the words you speak. This can look like admitting when you have made a mistake, genuine apologies, and working to make the relationship better.

10

FUN

Fun is when you are happy to be together! A healthy relationship should be easy, comfortable, and enjoyable. It may not be fun all of the time, but the good times should outweigh the bad.

