



## Characteristics of Healthy Relationships

How many of the following attitudes and behaviors are present in your relationship?

Communication is open and spontaneous (including listening).

Rules / boundaries are clear and explicit yet allow flexibility.

Individuality, freedom, and personal identity are enhanced.

Each enjoys doing things for themselves, as well as for the other.

Play, humor, and having fun together are commonplace.

Neither attempts to "fix" or control the other.

Acceptance of self and other (the real selves).

Assertiveness: feelings and needs are expressed.

Humility: able to let go of the need to *be right*.

Self-confidence and security in one's own worth.

Conflict is faced directly and resolved.

Each is open to constructive feedback.

Each is trustful of the other.

There is a balance of giving and receiving.

Negotiations are fair and democratic.

Tolerance: both are willing to forgive themselves and the other.

Mistakes are accepted and learned from.

Both are willing to take risks and be vulnerable.

Other meaningful relationships and interests exist.

Each can enjoy being alone, and privacy is respected.

Personal growth, change, and exploration are encouraged.

Continuity and consistency are present in the commitment.

There is a balance of oneness (closeness) and separation from each other.

Each takes responsibility for their own behaviors and happiness (not blaming the other).