



Characteristics of Health Relationships

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

- Communication is open and spontaneous (including listening)
- Rules/Boundaries are clear and explicit, yet allows flexibility
- Individuality, freedom and personal identity is enhanced
- Each enjoys doing things for self, as well as for the other
- Play, Humor, and having fun together is commonplace.
- Each does not attempt to “Fix” or control the other
- Acceptance of self and other (for real selves)
- Assertiveness: feelings and needs are expressed
- Humanity: able to let go of need to “be right”
- Self-confidence and security in own worth
- Conflict is faced directly and resolved
- Openness to constructive feedback
- Each is trustful of the other
- Balance of giving and receiving
- Negotiations are fair and democratic
- Tolerance: forgiveness of self and other
- Mistakes are accepted and learned from
- Willingness 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 is encouraged
- Continuity and consistency is present in the commitment
- Balance of oneness (closeness) and separation from each other
- Responsibility for own behavior and happiness (not blaming others)

DEVELOPING HEALTHY RELATIONSHIPS IS AN IMPORTANT LIFE SKILL!