



## **Characteristics of a Healthy Belonging**

To know whether you are in a healthy and loving relationship, here are some signs to look for:

Your partner allows you to be an individual.

You and your partner experience both oneness and separateness.

Your partner helps bring out your best qualities.

You and your partner accept endings.

You and your partner are open to change and exploration.

You and your partner invite growth within each other.

You are able to experience true intimacy with your partner.

You and your partner have the freedom to communicate honestly without retaliation.

There is an equality of giving and sharing in the relationship.

There is no attempt to control the relationship from either person.

Self-sufficiency is encouraged in both partners.

There is an acceptance of limitations in self and partner.

Both have a positive sense of self.