

# Signs of a Healthy Relationship

## Honesty

- Communicates openly and respectfully
- Avoids lying by omission
- Respects privacy, but doesn't keep secrets

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## Cooperation

- Asking not expecting
- Accepting change
- Making decisions together
- Willing to compromise
- Win-win resolutions to conflict

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## Safety

- Respecting physical space
- Expressing feelings without aggression
- Refusing to intimidate or manipulate

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## Trust

- Exhibiting consistency in words and actions
- Giving benefit of the doubt

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# Signs of a Healthy Relationship

## Accountability

- Admits mistakes
- Doesn't make excuses
- Accepts responsibility for words, actions, and attitudes
- Apologizes when needed

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## Communication

- Uses "I Statements" to express feelings
- Accepts that it's ok to disagree
- Uses direct, assertive speech
- Able to have tough conversations in healthy ways

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## Respect

- Valuing partner's opinions and boundaries
- Showing empathy without judgement
- Working together to find solutions

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## Support

- Offering encouragement
- Supporting partner's growth and interests beyond relationships

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