

4 Simple Tips To A Healthy Relationship

1. Respect! Give it and Get it.

2. Trust

3. Accountability

4. Support

@iamnitaro

www.iamnitaro.com

- The first thing before going any further in any relationship is having and giving respect. If you don't have that in the beginning, it's really an uphill climb from there. How do you know you have it? Do they value you? Are they sensitive to your needs? These two alone will let you know if you're on the right track.
- Trust is necessary to build any solid foundation. Trust that your partner wouldn't do anything intentionally to hurt you. If you are not sure of that then you are definitely in the wrong relationship. Give your partner room to be human. To build trust, one must feel that you are trustworthy, and that's with no judgement.

@iamnitaro

www.iamnitaro.com

- Accountability is when one accepts the responsibility for their actions, mistakes, thoughts, and words. Having someone who holds themselves accountable, and not just you, is a relationship you might want to hold on to. Knowing that we can always do and be better is the essence of growing.
- Good ol' support. Like a bra, everyone needs one. I don't care how small your load is. Support is necessary for a healthy relationship. Knowing that you are not in it alone lifts the burden. We do that by offering encouragement. Being understanding, supporting one another's choices, and valuing their opinions. These are all ways to show your support.

@iamnitaro

www.iamnitaro.com