## Characteristics of Health Relationships

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1. Communication is open, spontaneous and includes listening.
2. Roles and boundaries are clear and explicit but allow for flexibility.
3. Individuality, freedom and personal identity are enhanced!
4. Play, humor and having fun together is commonplace.
5. No one chisels or tries to fix the personality of the other to gain control.
6. Assertiveness, feelings and needs are allowed to be expressed.
7. Humility: ability to “let go” of need to be “right”.
8. Stories: We all have them for a good reason. Clarify rather than assume another’s story.
9. Conflict is faced directly and resolved with a win-win approach.
10. Each is trustful of the other.
11. There is a balance of giving, receiving and checking in when needed.
12. Negotiations are fair, not dictated.
13. Tolerance: Forgiveness of self and others.
14. Mistakes are accepted and learned from (safely).
15. Willingness to take risks and be vulnerable.
16. Other meaning relationships and interests exist.
17. Each can enjoy being alone and privacy is respected.
18. Personal growth, change and exploration is encouraged with fairness.
19. Continuity and consistency are present in the commitment.
20. Balance in the relationship is accepted knowing it vacillates. Check in!
21. Responsibility for one’s own behaviors and choices, not blaming others.
22. Living and learning together is the name of the game.