HEALTHY RELATIONSHIP BEHAVIORS

HEALTHY

RELATIONSHIP

BEHAVIORS

TRUST AND SUPPORT

Wanting the best for your partner. Knowing your partner likes you. Offering encouragement. Being OK with your partner having different friends.

RESPECT

Paying attention to your partner, even when your friends are around. Valuing your partner's opinion even if it differs from yours. Listening to what your partner has to say.

SHARED RESPONSIBILITY

Making decisions together. Splitting or alternating the cost on dates. Doing things for each other. Going places you both enjoy. Giving as much as you receive.

FAIRNESS AND NEGOTIATION

Accepting change. Being willing to compromise. Working to find solutions that are agreeable to both people. Agreeing to disagree sometimes.

HONESTY AND RESPONSIBILITY

Not making excuses for your partner's or your actions. Admitting when you are wrong. Keeping your word. Telling the truth. Not canceling plans.

OPEN COMMUNICATION

Being able to express your feelings and opinions. Saying what you mean and meaning what you say. Speaking kindly so that your partner feels safe.

INTIMACY

Respecting your partner's boundaries and privacy. Not pressuring your partner. Respecting each other's right to say no. Being faithful. Asking before acting.

SELF-CONFIDENCE AND PERSONAL GROWTH

Respecting your partner's identity and encouraging their individual growth and freedom. Supporting their security in their own worth.