

Qualities of Healthy Relationships

Respect: In a healthy relationship, members value and understand one another. People respect each other for who they are and do not try to change or manipulate one another.

Trust/Honesty: Members of healthy relationships rely on one another. To build trust, people must remain honest and handle their relationships with integrity.

Support: The most important part of any healthy relationship is support. Members of a healthy relationship are there to support one another during hard times and during celebration. People encourage one another to be better individuals.

Fairness: Healthy relationships should have a give and take. There is an equal amount of compromise by members.

Communication: Healthy relationships allow you to share your feelings and trust that someone will be there to listen and support you. By listening carefully and sharing your thoughts and feelings with another person, you show them that they are an important part of your life.

Many of these qualities are not isolated but rather interconnected.

How do I know if I have a healthy relationship?

Does this relationship make you feel good about yourself?

Does this relationship involve an equal amount of compromise?

Do you feel safe with this person?