

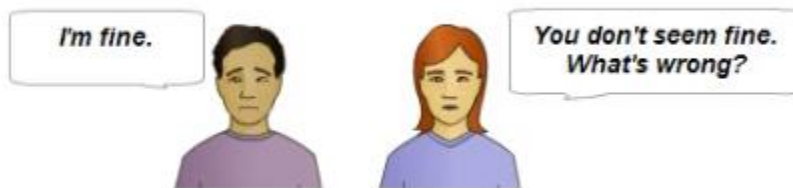
# Characteristics of a Healthy Relationship

## 1. Communication:

- a. **verbal** (dialogue and words)
- b. **non-verbal** (tone, body language, facial expressions, gestures, etc) which may contradict the words.

This includes a willingness to discuss, negotiate, compromise and problem-solve.

## 2. Empathy: the ability to put yourself in someone else's shoes and see their perspective and how they feel.



This is important since verbal and non-verbal communication may be contradictory (mixed message).

## 3. Equality:

- Both people's rights and needs are equally valid, no one is more important than the other
- Not a win-lose situation, but a win-win.



**4. Trust:** that the person has your well-being in mind and is not out to hurt you.

If you have the foundation of these three elements (communication, empathy, equality), you can have:

*My grandma's sick; I can't hang out after school.*



*No problem. I hope she gets well soon.*

**5. Honesty:** telling the truth, not lying (so one can trust the other); not trying to trick someone, not having agendas.

**6. Respect:** considering the other person as having value.

**7. Boundaries:**

- Respect for personal space
- Independence
- Ability to be who you are



*I don't feel comfortable doing that.*

*--no need to change to please someone.*

**This also includes rights to sexual boundaries.**

**8. Attraction:** physical, intellectual, emotional elements; as well as shared interests, which may lead to...

**9. Love:** a deeper commitment than friendship and can involve intimacy.



**10. Fun:** the desire to be happy and share that happiness.