

## Characteristics of a Healthy Relationships

How many of the following attitudes and behaviors are present in your relationships

- Communication is open and spontaneous (includes listening)
- Rules and boundaries are clear and explicit yet allow for flexibility
- Individuality, freedom and personal identity is enhanced
- Each enjoys doing things for self as well as for the other
- Acceptance of self and other (for our real self and individuality)
- Assertiveness feelings and needs are expressed w/o judgment
- Humility – ability to “let go” of need to “be right”
- Self-confidence and security in your own self-worth
- Conflict is faced directly and resolved
- Openness to constructive feedback
- Each is trustful of the each
- Balance of giving, receiving and sharing
- Negotiations are fair and democratic
- Tolerance: forgiveness of self and others
- Mistakes are accepted and learned from
- Willingness to take risks and be vulnerable
- Other meaningful relationships and interests exist
- Each can enjoy being alone and privacy is respected
- Personal growth, change and exploration is encouraged
- Continuity and consistency is present in the commitment
- Balance on oneness (closeness) and separation from each other
- Responsibility for own behaviors and happiness (not blaming others)

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