

SOME CHARACTERISTICS OF HEALTHY RELATIONSHIPS

TRUST

Relationships require people to place trust in each other and give each other the benefit of the doubt.

COMPROMISE

When dating someone, each partner will not always get their own way. Compromising means each person should acknowledge different points of view, and be able and willing to give and take.

INDIVIDUALITY

Although compromise can lend itself to a healthy relationship, partners should not compromise who they truly are for their partner. Each partner should feel supported in continuing with their own hobbies, friends, and passions.

GOOD COMMUNICATION

Relationships require honesty, which means practising open and truthful communication with each other. This can also involve respecting wishes to wait until one or both partners are ready and willing to talk.

UNDERSTANDING

Each partner in a relationship should take time to make sure they are understanding and respecting what the other may be thinking, feeling, or dealing with. This can require patience and practise.

SELF-CONFIDENCE

When all parties have confidence in themselves, they are able to contribute to building and growing the relationship by being comfortable enough in themselves and their opinions to be open with who they really are.