

What to Look for in a Healthy Relationship?

Negotiation and Fairness:

Partners seek mutually satisfying resolutions to conflict, can accept change and are willing to compromise.

- Asks your opinion and respectfully listens to your answers
- Is comfortable with you having different opinions from them
- Does not take it as a personal insult if you disagree with them

Non-Threatening Behavior:

Partners speak and act in ways that cultivate and support a safe and comfortable environment in which they can express themselves and make decisions.

- Is someone who you feel safe with
- Makes positive statements about your strengths and achievements

Respect:

Partners listen non-judgmentally, are understanding and emotionally affirm and value their partner's opinions.

- Cultivates a safe atmosphere where you can share thoughts and feelings
- Treats other people, as well as themselves, with respect

Trust and Support:

Partners support each other's goals and respect each other's feelings, friends, activities, contributions and opinions.

- Supports your relationships with friends and family.
- They spend time with your friends and family to get to know them, and will give you space to spend time with your friends and family alone
- Trusts you and is trustworthy

Honesty and Accountability:

Partners accept responsibility for themselves, acknowledge past behaviors, can admit being wrong and communicate openly and truthfully.

- Accepts responsibility for their own behavior, thoughts and feelings
- Apologizes when they are wrong and accepts your apology when you are wrong

Shared Responsibility:

Partners reach mutual agreement on fair distribution of work and make family decisions together.

- Considers your relationship a partnership
- Is someone who you feel safe with

Economic Partnership:

Partners make financial decisions together ensuring that both partners benefit from financial arrangements.

- Expects both/all partners to control their own money
- Does not use manipulation (financial, emotional, etc.) to get what they want

Responsible Parenting:

Partners share parental responsibilities and are positive, non-violent role models for children

- Shares in decision-making
- Resolves conflicts through clear dialogue without using insults, threats or violence