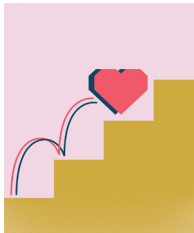




10 Signs of Healthy Relationship

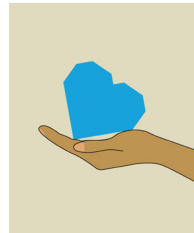
Healthy relationships bring out the best in you and make you feel good about yourself. A healthy relationship does not mean a “perfect” relationship, and no one is healthy 100% of the time, but the signs below are behaviors you should strive for in all of your relationships.

Healthy relationships manifest themselves as healthy communication, but in order to have a healthy relationship, you need to love yourself first. Here are some characteristics and behaviors of a healthy relationship.



Comfortable Pace

The relationship moves at a speed that feels enjoyable for each person.



Trust

Confidence that your partner won't do anything to hurt you or ruin the relationship.



Honesty

You can be truthful and candid without fearing how the other person will respond.



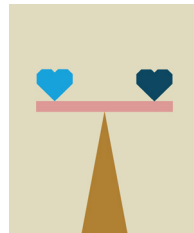
Independence

You have space to be yourself outside of the relationship.



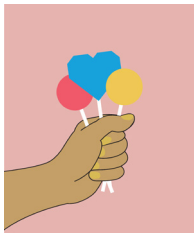
Respect

You value one another's beliefs and opinions, and love one another for who you are as a person.



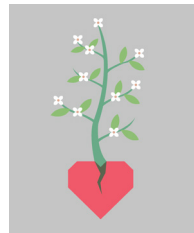
Equality

The relationship feels balanced and everyone puts the same effort into the success of the relationship.



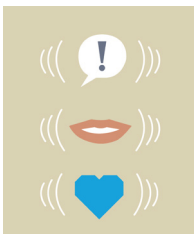
Kindness

You are caring and empathetic to one another, and provide comfort and support.



Taking Responsibility

Owning your own actions and words.



Healthy Conflict

Openly and respectfully discussing issues and confronting disagreements non-judgmentally.



Fun

You enjoy spending time together and bring out the best in each other.