Healthy Relationships

Signs of a Healthy Relationship

Healthy relationships develop when you have good communication and make you feel good about yourself. No relationship is perfect all the time and you need these characteristics to succeed in building a good one. The first step to creating a healthy relationship is you that you need to love yourself.

Comfortable Pace

Both people enjoy the speed the relationship is moving. It is not rushed and there is no pressure. You do not feel overwhelmed.

Kindness

You provide comfort and support to each other and are caring and empathetic. They are compassionate toward the things you care about.

Respect

You can set boundaries and your partner is your biggest supporter.   You respect each others opinions and beliefs.

Honesty & Trust

You feel you can be truthful and do not worry about how your partner will react. You do not have to hide your feelings and know they will not hurt you. You do not have to prove your loyalty.

Equality

The relationship is balanced and both people put in the same effort into building and maintaining a successful partnership. You listen to each others needs and support ideas.

Fun & Independent

The good times outweigh the bad and it is easy to feel happy. You enjoy spending time together and bring out nice qualities in each other. You have space for your own hobbies outside the relationship.

Take Responsibility

Each person takes ownership of their behaviour and no blame is laid. You both own your actions and your words.

Healthy Conflict

You both discuss issues openly and can disagree respectfully and without judgement. Conflict is normal and you can recognise the core problem and address it without belittling each other.