



**#TalkAboutItTUESDAY**

**HOW CAN WE  
ENGAGE IN  
HEALTHY  
RELATIONSHIPS?**

# RECOGNIZE THE SIGNS



## 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.



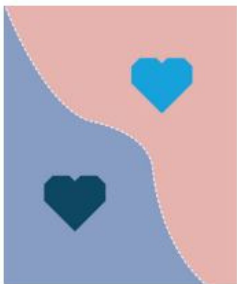
## Honesty

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



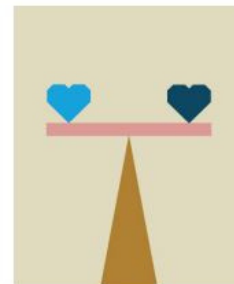
## Independence

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.

# COMMUNICATION IS

- Think about what you want out of the relationship and communicate that with the other person
- Everyone's communication style is different, so make sure you know the other's communication style and how they like to be talked to and treated in certain situations as well as your own

