4 Basic Qualities of a Healthy Relationship
What qualities are important in your relationships?
A healthy relationship should be based on shared respect for each other.

What are some examples of what “respect” looks like in a relationship?
Some of your examples of respect should include:

- Listening to one another
- Appreciating your opinions and ideas
- Not being quick to judge or criticize you
- Being proud of who you are

Is there RESPECT in your relationship?
• Without respect, relationships can be hurtful. Many of us think it takes something physical to hurt someone but insults and unkind words can hurt just as much. They can destroy our self-esteem – how we feel about ourselves.
• Never let anyone belittle you or make you ashamed of who you are.

Is there RESPECT in your relationship?
• People build trust by being honest with one another.

• When we trust someone...
  ◦ We feel we have someone we can count on
  ◦ We feel safe sharing our thoughts and feelings with each other, which helps to bring us closer.

• In a **healthy relationship**, people can tell each other the truth even when it’s difficult.
Why do you think it’s difficult for people to be honest in a relationship?
• Lack of trust in a relationship can lead to worry and jealousy.

• Jealousy is a natural feeling but we have a choice in how we act on our feelings. Many people can become very controlling when they let jealousy get out of control.

Are you honest with your partner and trust each other?
Without honesty and trust:
- Partners can doubt the other person’s love or commitment
- People can become controlling in a relationship due to jealousy

In a **healthy relationship**, people build trust by talking, listening, being honest, and respecting each other’s feelings.
What does “fairness” and “equality” look like in a relationship?
A healthy relationship is one in which partners treat each other fairly and as equals.

- No one person controls the relationship.
- Make important decisions together
- Disagreements happen but listening to one another’s point of view and respecting it is “fighting fair”.

Fairness & Equality
• Do not let others:
  ◦ Blame you every time something goes wrong
  ◦ Make most of the decisions in your relationship
  ◦ Ignore your needs and wants
  ◦ Force you to do anything you don’t want to do

• Partners should admit their mistakes and can expect **fairness**, **forgiveness**, and **ability to make decisions** for themselves.

**Fairness & Equality... Bottom Line**
• Good communication is **key** in all relationships.

• What are some ways we communicate in our relationships? When should they be used or avoided?
Good communication should allow you to:

- Feel comfortable sharing your thoughts and feelings with each other.
- Listen to each other without interrupting or judging.
- Solve problems and iron out disagreements as a team.

Does your relationship have Good Communication?
• Without good communication, there are a lot of misunderstandings.
• Remember, people in healthy relationships feel comfortable and safe sharing their thoughts and feelings with their partners.
• They also listen to the thoughts and feelings of the other person.

Good Communication ... Bottom Line