

## INGREDIENTS TO A HEALTHY RELATIONSHIP

**Do you know what you're looking for in your relationship? Do you know what a healthy relationship looks like? Well, a healthy relationship is much like a recipe; to make it work, many high quality ingredients are required.**

### **Self-esteem**

People who believe in themselves and their own worth are better able to believe in the worth of their intimate partner.

### **Mutual respect**

People in healthy relationships respect each other's opinions, feelings, goals, and decisions even if they do not always agree with each other.

### **Trust**

People in healthy relationships are not jealous or possessive of each other

### **Nonviolence**

People in healthy relationships do not hit, threaten, or otherwise scare each other.

### **Open communication**

People in healthy relationships communicate with each other in an open and honest way. They do not use their words to hurt each other.

### **Personal responsibility**

People in healthy relationships take responsibility for their own actions and feelings. They do not blame each other if they lose their temper or make a bad decision.

### **Continue own friendships and interests**

People in healthy relationships continue their own interests and friendships outside of their romantic relationship; they do not feel isolated from friends or family.

### **Accepting each other's right to say no and the right to change their mind**

People in healthy relationships don't pressure or force the other person to have sex or do things they are not comfortable doing.

Source: [www.takecareonline.org/healthy\\_relationship.htm](http://www.takecareonline.org/healthy_relationship.htm)