

Relationships That Work



Healthy, Constructive Elements in Relationships

Mutual Respect

Mutual respect means

- ♥ respecting each other's decisions and choices
- ♥ revealing ourselves to each other and accepting one another for who we are

Mutual Trust

Mutual trust means

- ♥ avoiding lies, secrets, and manipulation
- ♥ ensuring that jealousy does not get out of control and that there is room for other friendships
- ♥ knowing that trust takes time to build
- ♥ having faith that both partners are acting in each other's best interests
- ♥ believing in the honesty and reliability of one's partner or friend

Mutual Support

Mutual support means

- ♥ comforting and understanding one another
- ♥ making sure we are there for one another in both good and bad times
- ♥ demonstrating behaviours that help one another develop positive self-esteem and self-worth

Flexibility

Flexibility means

- ♥ allowing for and expecting change within the relationship, including each other's roles and feelings for one another

Communication and Conflict Resolution

Communicating and resolving conflicts mean

- ♥ communicating thoughts and feelings in an open and honest manner
- ♥ being able to deal with situations as they arise and not allowing them to build up
- ♥ accepting that arguments and disagreements are normal in every relationship
- ♥ avoiding threat or use of physical power