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

Relationships That Work: Adapted, by permission, from resource material produced by the City of Ottawa, Public Health Branch.