

Signs Of A Healthy Relationship

- Time Together for Relationship Growth
- Emotions are mostly Regulated even in Stressful Situations
- Boundaries are Communicated and Respected
- Time with Friends and Family is Encouraged
- Words are used to Encourage and Build Each Other Up
- Trust is Built and Work is done to Maintain/Increase
- There is Equality and Equity
- Similar Long-Term Goals
- Independence and Personal Growth is Encouraged
- There is little to no Jealousy
- Constant Communication for Wants, Needs and Desires
- Responsibility for Actions is taken
- You Both Bring Something Valuable to the Relationship
- Your Morals and Values Line Up