

10 WAYS TO CREATE HEALTHY RELATIONSHIPS

1. Take care of yourself and know your worth. Have independent interests and activities that fulfill you. Never depend on a partner to make you feel complete.
2. Choose a boyfriend/girlfriend that you like and admire and who likes and admires you in return. Accept your partner for who she or he is _ never try to change someone.
3. Choose a boyfriend/girlfriend who is equal in power and maturity. Make sure there is give and take and that both people have a say in decision-making.
4. Become a good communicator.
5. Develop skills to manage conflict without violence. Make sure you feel safe. Feeling pressured, stressed or threatened is a warning sign.
6. Keep the friendship alive.
7. Learn what makes your boyfriend/girlfriend feel loved and appreciated.
8. Discuss your expectations with each other. Honor any commitments that you make. When partners behave in a trustworthy fashion, they can learn to trust each other.
9. Respect each other's opinions, limits, need for individual time, etc.
10. Know where to get support or help if you need it.