



Characteristics of Healthy Relationships



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The following traits could be applied to our marital relationship, our friendships and our work relationships.

- ~ Joint Decision Making
- ~ Shared Responsibilities
- ~ Free to decide issues of work, school & money
- ~ Feel safe to admit & share fears & insecurities
- ~ Accept that "no" means no
- ~ Express self nonviolently
- ~ Respect each other's physical space
- ~ Listen & understand
- ~ Respect right to differing feelings, friends & activities
- ~ Support each other's goals
- ~ Value each other's opinions