

Healthy Relationships

There are many different types of relationships that we can enjoy with others. To remain healthy, relationships require work, flexibility, compromise and care.

- Romantic Partners
- Family Members
- Friends
- Work Colleagues
- School Mates
- Social Media Contacts
- Acquaintances

All healthy relationships must consistently have these qualities:

Safety

- You feel physically safe from harm
- You feel emotionally safe and secure
- Your reputation is safe
- Your possessions are safe
- Your other relationships (ie. mutual friends, children, pets, loved ones) are safe

Respect

- Your feelings, thoughts, beliefs, and opinions are respected
- Your personal boundaries are upheld
- Your physical body and personal possessions are respected
- Your work/contributions in your home and/or workplace are respected

Equality

- Your feelings, needs, desires, opinions, and work are of equal value to the other person
- You have equal power in your relationship



Did You Know?

When we choose to build positive, meaningful, and healthy relationships, **we strengthen ourselves emotionally, socially, and physically.** Strong relationships allow both people to feel supported and connected, while still maintaining their independence.

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ABOUT HEALTHY RELATIONSHIPS
780-875-0966**