



Building healthy relationships

Our first lessons about how to be with other people come from our parents. We carry them into our adult lives. Some of them may be healthy – others may not be as healthy. We're always changing. So keep the lessons you like and let the others go.

Start with you

The constant in every relationship is you. Who are you? What do you want? Your relationships with others will be better when you know and love yourself, and when you know that you deserve to be treated well.

Here are some basic parts of a healthy relationship.

1

HONESTY

You can share the truth about your thoughts and feelings



2

LISTENING

You hear each other out, even if you don't agree.



3

TRUST

You can rely on each other. You're loyal to each other and keep promises.



4

RESPECT

Your feelings, opinions and wishes matter to each other.



5

GIVING

You do things to make each other happy. You're willing to compromise.



6

RECEIVING

You can ask for what you want and accept what the other person offers.

