What is a healthy relationship?

**In order to grow within a healthy relationship, certain characteristics must be present.**

**Respect**: Respecting one another Listening to your partner’s needs and sharing a mutual concern for what the other is going through.

**A feeling of safety**: being able to grow in the relationship in complete peace. Having a couple’s relationship free from any oppressive or threatening elements

**Equality**: When we speak of equality, we are referring to the fact that within a couple, each partner has the power to make decisions. There is room within the relationship for each partner to express and share their needs and opinions.

**Trust**: feeling trust in a healthy relationship results in a feeling of safety and the confidence that partners can rely on one another.

**Communication**: Self-expression and truly listening your partner positively impacts the positive ways in which one grows within a healthy relationship. There must be room to say and verbalize what we feel and how we perceive things. It’s also important to be available to receive the information the other is willing to share.