

## **EPISODE 12 HEALTHY RELATIONSHIPS**

### **SIGNS OF A HEALTHY RELATIONSHIP**

*Material by Devon Corneal*

- 1.** You speak your mind. Partners thrive when they can express themselves freely and honestly. There is no topic off limits and both parties feel heard. Communication is vital in building a lasting relationship.
- 2.** Have your own space. Taking time to pursue your own interests and friendships keeps your relationship fresh and gives both parties the opportunity to grow as individuals and as partners.
- 3.** Disagreements are normal. In a healthy relationship, fights happen. Fight productively and fairly. This means avoid name-calling and put-downs. It's a way to understand your partner instead of keeping score. When you are wrong, apologize.
- 4.** Don't base your relationship on hopes that it will change. You need to recognize that neither you nor your partner is perfect. Accept and value each other for who you are and who your partner is right now, not who you might become.

Making decisions jointly. You or your boyfriend/girlfriend partner doesn't have to call all the shots. Make decisions together and listen to each other's concerns or desires.

**5.** Healthy relationships are full of laughter and fun. What this means is your life together is mostly happy in simple ways such as going to the movies, making a meal together, and laughing at things.

**6.** Treat each other with care, consideration, empathy, and appreciation.

**7.** Healthy relationships are built on trust and a commitment to communication without reservations or secrets.

**8.** Let things go. Sometimes boyfriends/girlfriends/partners annoy each other. You will annoy your boyfriend/girlfriend/partner; your boyfriend/girlfriend/partner will annoy you. You will say things you don't mean. You may behave inconsiderately. Most important is how you deal with all of this. If your boyfriend/girlfriend/partner annoys you, tell them and then let it go.

**9.** When you have issues and concerns, share them with your boyfriend/girlfriend/partner. You can use a friend as a sounding board but don't use them as a crutch to avoid hard conversations with your partner.

**10.** Say, “I love you,” “Thank you,” and “I am sorry.”  
These are the magic words!