

Building Healthy and Positive Relationships

Healthy, positive relationships and friendships are built on factors that align with your values, such as kindness, honesty, reciprocity, respect, etc. Knowing the signs of a healthy relationship can help you identify when your relationship might be unhealthy and how to turn it around.

1 SET YOUR OWN BOUNDARIES. You get to choose how much of your life to share with another person and shouldn't feel pressured to share more.

2 IT'S OKAY TO SAY NO. If something makes you uncomfortable you can choose not to do it. In a healthy relationship your decisions are respected.

3 KNOW YOUR OWN WORTH. You shouldn't be asked to change the unique person that you are in order to gain anyone's trust or respect.

4 COMMUNICATION IS KEY. Healthy relationships rely on being able to express one's thoughts and feelings without being judged or ridiculed. You don't have to agree with someone in order to respect and support them.



5 CONFLICT IS NORMAL. You can overcome conflicts by listening openly to understand various perspectives. Recognize that you don't always have to agree, although you should respect different opinions.

6 KNOW WHEN TO APOLOGIZE. Everyone makes mistakes and a sincere apology is a brave and meaningful way of repairing relationships.

7 PERSONAL SPACE IS IMPORTANT. People need their own time to enjoy hobbies, hang out with friends and family, or just be alone. No one else should control how you spend your personal time.

8 HONESTY AND TRUST. Trust is essential to any healthy relationship and being truthful is essential to building trust. This includes being factually truthful and honest about thoughts and feelings without being hurtful.

9 PRIVACY. Emails, phone calls, and text messages sent to you were meant for you. You have a right to keep them private and you should expect others to keep your messages private as well.

10 MUTUAL SUPPORT. In healthy relationships people support each other's hopes and dreams, help each other through difficult times, encourage each other, and are willing to compromise.

