

Healthy Relationships

Knowing the positive attributes of a healthy relationship can help you identify what you need in a partner, and what you can offer in return. It can help you understand how to communicate your needs, and how to address issues that may arise in your relationship. Additionally, it can provide you with a benchmark for what a healthy relationship looks like, so you can recognize when you are in one.

8 Signs of a Healthy Relationship

A healthy relationship is characterized by mutual respect, trust, open communication, and shared values. Couples in healthy relationships show affection and support for each other, while also maintaining their individuality. They are able to resolve conflicts and differences in a constructive manner, without resorting to aggression or manipulation.

The eight indicators of a healthy relationship can be summarized as:

Mutual respect: A healthy relationship involves treating each other with kindness, courtesy, and consideration, and acknowledging each other's opinions and feelings.

Trust and honesty: Couples can trust each other, are truthful with each other, and are accountable for their actions.

Effective communication: Open and honest communication is key. Both partners are able to express themselves and listen to each other's needs and concerns. When an issue arises, you can address it head on.

Shared interests and goals: Couples should create common interests and values, and work together towards their shared goals.

Individuality and independence: Both partners in a healthy relationship are able to maintain their own identities, pursue their own interests, and have space and time apart when needed.

Support and encouragement: Partners should provide emotional support and encouragement to each other. They should be there for each other through both good times and bad.

Healthy boundaries: You respect each other's boundaries and communicate clearly about what they are to each of you. You talk about what you are not comfortable with, and work together to establish and maintain that common ground.

Mutual affection and intimacy: Physical and emotional affection are important aspects of a healthy relationship. Couples who are affectionate towards each other show love, support, and care, both physically and emotionally. In a healthy relationship, partners respect each other's boundaries and communicate openly about what they are and are not comfortable with. Being affectionate with your partner can help to strengthen your bond and build a deeper sense of intimacy and trust.

Want more practical tools like this? Be sure to check out [The Mental Wellbeing Toolkit](#).

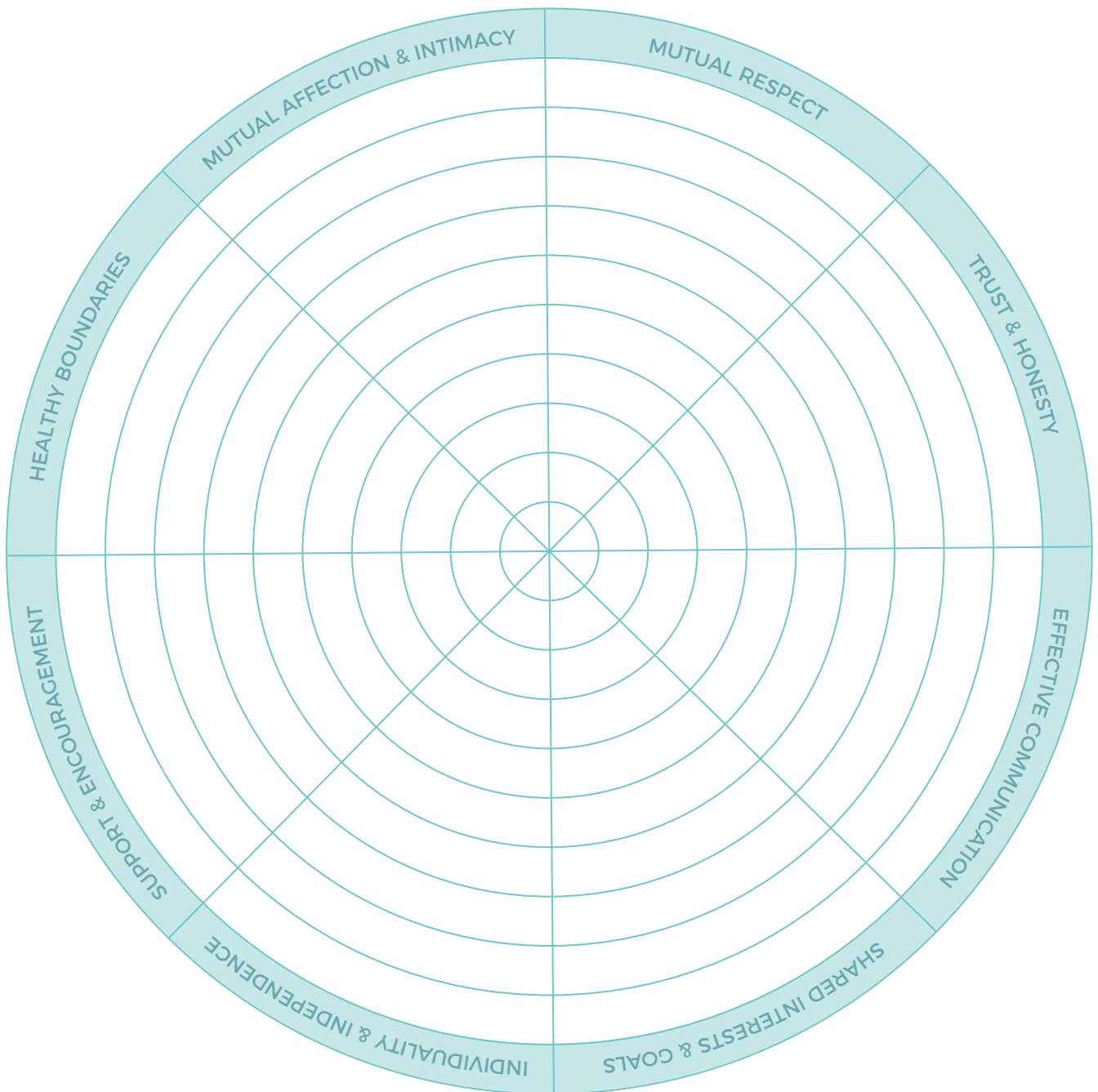
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The Relationship Wheel

DATE: _____

The Relationship Wheel is a handy tool for assessing the quality of a relationship. Partners may complete it together during a relationship check-in. Alternatively, it can be used by individuals to help them better understand how their relationship is working.

Rate how satisfied you are with each aspect of your relationship on a scale of 1 (very dissatisfied) to 10 (fully satisfied) by putting a dot in the middle of the corresponding circle. The centre of the circle represents 0 and the outer edge represents 10. Join the dots to reveal a visual representation of the quality of your relationship and the areas you can work on as a couple.



Suggested discussion points: What's working well in our relationship? What's something we could focus on to help improve the quality of our relationship? What action steps can we take?

Relationship Reflections

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