

What to Look for in a Healthy Relationship*

What makes a relationship healthy? Two people who value equality and respect make a good start. Here are some characteristics you may want to consider in any relationship, but especially in a potential boyfriend or girlfriend.

- ✓ Someone who supports your relationships with friends and family members. S/he is willing to spend time with your friends and family to get to know them, and at the same time, gives you space to spend time alone with them.
- ✓ Someone who maintains his or her own friendships, and wants you to get to know his/her friends.
- ✓ Someone who supports your personal growth. S/he encourages you to participate in activities that are good for you, like team sports or other athletic activities, clubs or groups you belong to, a job or a hobby.
- ✓ Someone who continues his or her own interests in outside activities, such as sports, clubs or groups, a job or a hobby.
- ✓ Someone who asks and values your opinion.
- ✓ Someone who is comfortable with you having different opinions from him/her, and does not take it as a personal insult when you disagree.
- ✓ Someone who you feel comfortable expressing your feelings and emotions with.
- ✓ Someone who talks and listens.
- ✓ Someone who accepts responsibility for his or her own behavior, feelings, and thoughts.
- ✓ Someone who can apologize when s/he is wrong, and accept your apology when you're wrong.
- ✓ Someone who considers the relationship a partnership.
- ✓ Someone who shares in decision-making.
- ✓ Someone who expects both partners to control their own money, and never uses money as a way of getting what s/he wants.
- ✓ Someone who treats other people with respect. (If a male dating partner, someone who treats his mother and sisters with respect.)
- ✓ Someone who is secure enough not to feel threatened by your friendships with people of either sex.
- ✓ Someone who trusts you and expects to be trusted.
- ✓ Someone who encourages you in your goals and dreams.
- ✓ Someone who you feel safe with.
- ✓ Someone who can resolve conflicts without resorting to violence or put-downs.

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