

10 Keys to a Healthy Relationship

(For Facilitator)

Healthy relationships do not just happen—they take work. Here are some qualities that are important for healthy relationships.

1. Commitment

Make your relationship a *priority* and be willing to work for it. Being committed is about *staying together* during the good times and the bad.

2. Love and Affection

We all have different ways of feeling loved. Find out what makes your partner feel *loved* and show your partner that you love and appreciate him or her.

3. Positivity

Keep your relationship more *positive* than negative. Partners that have happy, long lasting relationships have 20 positive interactions for every one negative interaction.

4. Communication

How *well* you communicate is more important than how *often* you communicate. Talk with your partner and listen to what your partner has to say.

5. Shared activities

Find activities that you and your partner can do *together*. It doesn't matter what you do, as long as you are doing it together.

6. Friendship

Healthy relationships are based on *friendship*. Keep up with what's going on in your partner's life and make time for your friendship.

7. Healthy conflict resolution

All relationships have conflict. How you *manage* conflict is what is important.

8. Support

Support your partner by using *encouraging words* and through your behaviors. Think about how you would want your partner to support you.

9. Empathy

Put yourself in your partner's *shoes*. Think about how your partner might be feeling and show that you care and respect his or her feelings.

10. Trust

It takes a lot of time and effort to build trust. Talk *honestly* with your partner and *follow through* on promises that you make.