10 Keys to a Healthy Relationship

Healthy relationships take work from both partners. Here are some things that research shows healthy relationships have.

1. **Commitment**
   Make your relationship a _________ and be willing to work for it. Being committed is about _________ _________ 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 _______ and show your partner that you love and appreciate him or her.

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

4. **Communication**
   How _____ you communicate is more important than how _____ 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 _________. It doesn’t matter what you do, as long as you are doing it together.

6. **Friendship**
   Healthy relationships are based on ____________. 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 _________ conflict is what is important.

8. **Support**
   Support your partner through ____________ _____ as well as through your behaviors. Think about how you would want your partner to support ______ you.

9. **Empathy**
   Put yourself in your partner’s _______. 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 ________ with your partner and _________ _________ on promises that you make.

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