

HEALTHY RELATIONSHIP STRATEGIES

Respect

Treat them kindly

CONSENT { Ask. Listen. Respect.

celebrate **ACHIEVEMENTS**

treasure time spent **TOGETHER**

provide **SUPPORT** during times of stress

things to consider

- Consent is mutual, affirmative, sober and ongoing
- Support looks different for everyone (words of affirmation, quality time, etc.)

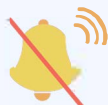
Communication

Listen and Engage



make **TIME** to address conflict

be **INTENTIONAL** about connecting



ENGAGE in active listening

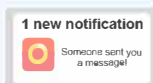


things to consider

- Plan ahead to make sure you have time to discuss the issue
- Wait for your partner to finish speaking before sharing

Trust

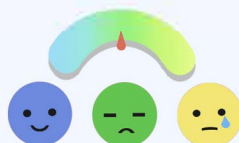
Believe them



respect each other's **PRIVACY**



express your **TRUE** feelings



HONOR commitments outside of the relationship

things to consider

- Trust is built over time through healthy behaviors & habits
- They will share what they feel comfortable telling you

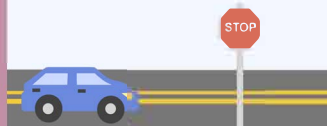
Independence

Establish Boundaries

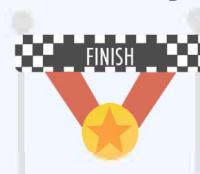
give them **SPACE**



RESPECT boundaries



SUPPORT goals



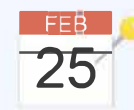
things to consider

- Encourage your partner to pursue new hobbies
- Support their individual growth

Fairness

Compromise together

follow through on **COMMITMENTS**



acknowledge each other's

DIFFERENCES

practice **PATIENCE**

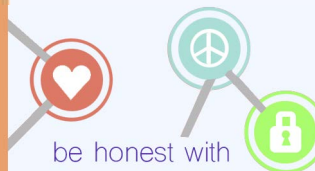


things to consider

- People process their thoughts and feelings at their own pace
- Agreements should be mutual and agreed upon

Honesty

Speak Your Truth



be honest with **YOURSELF** about your needs

LEARN from your mistakes



discuss **CONCERNS** about the relationship



things to consider

- Be honest with yourself about your needs within the relationship
- Address conflict by having open & vulnerable conversations