



CHARACTERISTICS OF HEALTHY DATING RELATIONSHIPS

1. Each person is comfortable with who s/he is and has high self esteem. Work on who you are and what you want before you get into a serious relationship. It's important not to feel like you need another person to make you complete.
2. Each person is accepted for who they are. Never expect that you can change someone. It's also important that you don't feel that you need to change to be appreciated or accepted. It's a problem if you're putting up a front.
3. Communication is open, clear and honest. Become a good listener. It's important to be able to say what you're really thinking and feeling. It's also important to respect each other's boundaries and limits.
4. Both people recognize when they have conflict and can manage it without violence. Managing conflict is a skill you can learn and practice. Don't fall into the trap of ignoring conflict or letting it blow up into violence.
5. Both people do things to show their caring and appreciation for one another. Learn what makes the other person feel cared for and appreciated. This can feel like work sometimes, but healthy relationships require work.
6. The two people trust each other. You learn to trust by observing (over time and in different situations) that you can depend on someone.
7. The two people respect each other: they accept each other's opinions, values, limits, need for individual time, and so on.