



TEN WAYS TO CREATE HEALTHY RELATIONSHIPS

1. Have independent interests and activities that fulfill you. Never depend on the other person totally to make you feel complete.
2. Choose a person that you like and admire and who likes and admires you in return.
3. Accept the other person for who she or he is. Never count on someone changing themselves for you.
4. Become a good communicator.
5. Develop skills to manage conflict without violence.
6. Keep the friendship alive.
7. Learn what makes the other person feel loved and appreciated.
8. Discuss your expectations with each other. Honor any commitments that you make. When each of you behaves in a trustworthy fashion, you can learn to trust each other.
9. Respect each other's opinions, limits, need for individual time, etc.
10. Know where to get support or help if you need it.