

ROMANTIC RELATIONSHIPS

Am I in a healthy relationship?

KEY WORDS

support | trust | consent | respect | encouragement



Navigating the world of relationships can be like exploring a garden, filled with different emotions and experiences. But how do you know if your garden is flourishing? Let's go over each sign of a healthy relationship and its check-list to help you figure out if you're experiencing a positive or thorny connection.

How my partner and I show respect, support & acceptance:

- Do I feel valued for who I am in this relationship?
- Do we treat each other with kindness and support?
- Do we have each other's backs during successes and hard times?

How my partner and I communicate:

- Do we openly, calmly and respectfully bring up feelings and issues?
- Do I feel heard and understood in this relationship?
- Are we honest with each other?

How my partner and I demonstrate trust and understanding:

- Do my partner and I trust one another?
- Are we good at handling moments of jealousy in our relationship?
- Are we understanding of each other's perspectives and past experiences?

How my partner and I manage conflict and decision-making:

- Do we accept one another's opinions and choices when they are different?
- Do we have equal roles in decision-making and make compromises?
- Are both of us okay with saying 'no' or disagreeing with the other?

How my partner and I handle the physical aspects of our relationship:

- Do I feel comfortable expressing my physical boundaries (when, where, how and if I like to be touched)?
- Has consent been discussed and respected?
- Am I comfortable communicating about my physical and sexual likes and dislikes?



How we function outside the relationship:

- Do we give each other space and time alone when we need it?
- Do our friends and family have a positive opinion about our relationship?
- Do we encourage each other to pursue hobbies and interests?

Those are some of the ABCs of a healthy relationship. How many points does your relationship check off? The more these points coincide with your relationship, the higher the chance that it's healthy!

A healthy relationship can have many **positive impacts** on your life, such as:

- Improving your communication and interpersonal skills
- Providing you with experience for future relationships
- Helping you form your identity (likes and dislikes)
- Boosting your self-esteem and confidence

No matter what, always keep in mind: you deserve love, respect, and happiness in your relationship!

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