

10 Signs of a Healthy Relationship

A healthy relationship does not mean a perfect relationship but we can all strive to love better by practicing these 10 healthy behaviors.

Comfortable Pace

When the relationship moves as a speed that feels enjoyable and comfortable for each person.

Trust

Confidence that your partner won't do anything to hurt you or ruin the relationship.

Honesty

You can be truthful and candid without fearing how the other person will respond.

Independence

Having the space to be yourself outside of the relationship

Respect

You value one another's beliefs and opinions and love the other person for who they are.

Equality

The relationship feels balanced and everyone puts the same effort in to the success of the relationship. You feel like your needs, wishes, and interests are just as important as the other person's.

Kindness

You're caring and empathetic to one another and provide comfort and support.

Taking Responsibility

Owning your actions and words. You avoid placing blame and can admit when you've made a mistake.

Healthy Conflict

Openly and respectfully discussing issues and confronting disagreements non-judgmentally.

Fun

You enjoy spending time together and you bring out the best in each other.

The best way to learn about love is through OneLove.

For more information about OneLove and the signs of healthy and unhealthy relationships, visit joinonelove.org.