## Healthy Relationships

What does a healthy relationship look like?

* Meets some of my emotional needs—10-25%
* There is integrity present (partners say what they mean and do what they say)
* It does not cause me undue pain—physical, emotional, sexual
* There is affection—physical and emotional
* We play together often
* Freedom is present—physical, emotional, sexual
* Unreasonable demands and abuse are absent
* Individuality exists (each partner has healthy outside interests and emotional support)
* Each individual is self-supporting through their own contributions—financially & emotionally (Moms or dads who stay home with children ARE supporting the family in both ways)
* All external exits are closed (E.g., addictions, outside emotional or sexual involvement, threats to leave, extended family enmeshment, etc.)
* Clear, loving communication is practiced (Communication is clear, direct and free from sarcasm and demeaning comments)
* Healthy conflict resolution tools are utilized (Conflict is not avoided nor is it a source of ridicule for either partner)
* Spirituality is present in some form that is mutually agreed upon and practiced together regularly (Neither party has to agree with the other’s beliefs or methods but prayer & reflection are practiced together)
* Both parties are capable of admitting and correcting their own mistakes and shortcomings (Saying, “I was wrong and I’m sorry for hurting you,” are magical words that can keep partners together for a life time.)

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