

3 Tenants of A Healthy Relationship

Vulnerability

Able to laugh at self and partner's mishaps.

Taking accountability instead of blaming.

Being real and free with self and partner.

Showing others who you truly are without fear of rejection.

Open Dialogue

Ability to share thoughts & feelings without being judged or criticized.

Speaking only from one's own perspective.

Actively listening.

Using open-ended questions to gather information.

Trust

Knowing your partner has your back. Being reliable.

Providing emotional and physical faithfulness.

Being authentic and consistent.

Showing compassion & care.

