

Healthy Relationships

- **Make people happier and ease stress**
- **Are realistic**
- **Mean sharing and talking**
- **Include self-care**
- **Use fair fighting techniques**

Ten Tips for Healthy Relationships

Healthy relationships bring happiness and health to our lives. Studies show that people with healthy relationships really do have more happiness and less stress. There are basic ways to make relationships healthy, even though each is different...parents, siblings, friends, boyfriends, girlfriends, roommates, and co-workers.

1. **Keep expectations realistic.** No one can be everything we might want him or her to be. Sometimes people disappoint us. It's not all-or-nothing, though. Healthy relationships mean accepting people as they are and not trying to change them!
2. **Talk with each other.** It can't be said enough: communication is essential in all healthy relationships. Take the time and genuinely listen. Ask questions if you think you missed the point. Ask for opinions. Show that you're interested. Open the communication door. Share information about you.
3. **Be flexible.** Many of us try to keep people and situations just the way we like them. It's natural to feel apprehensive, even sad or angry, when people or things change and we're not ready for them. Healthy relationships mean change and growth are allowed.
4. **Take care of you.** You probably hope those around you like you so you may try to please them. Don't forget to please yourself. Healthy relationships are mutual.
5. **Be dependable.** If you make plans with someone, follow through. If you have an assignment deadline, meet it. If you take on a responsibility, complete it. Healthy relationships are trustworthy.

6. **Fight fair.** Most relationships have conflict. It only means disagreement about something, it doesn't mean you don't like the other person. When you have a problem, negotiate a time to talk about it. Don't criticize when you do have the chance to talk. Stay on the subject and let others speak for themselves. Don't assume things. Don't hold grudges. There may not be a resolved ending, so compromise or agree to disagree. Say "I'm sorry" when you're wrong. The goal is for everyone to be a winner—seek the mutual answer. You can always leave a relationship if you feel it's not healthy.

7. **Show your emotional warmth.** If you care, show it!!

8. **Keep your life balanced.** Other people help make our lives satisfying but they can't create that satisfaction for us. Only you can fill your life. Healthy relationships aren't dependent.

9. **It's a process.** It takes time to build a relationship.

10. **Be yourself.** Healthy relationships are made of real people, not images.

Helpful websites:

www.loveisrespect.org/