



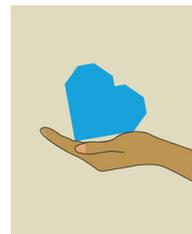
## 10 Signs of Healthy Relationship

Healthy relationships bring out the best in you and make you feel good about yourself. A healthy relationship does not mean a “perfect” relationship, and no one is healthy 100% of the time, but the signs below are behaviors you should strive for in all of your relationships.

Healthy relationships manifest themselves as healthy communication, but in order to have a healthy relationship, you need to love yourself first. Here are some characteristics and behaviors of a healthy relationship.



**Comfortable Pace**  
The relationship moves at a speed that feels enjoyable for each person.



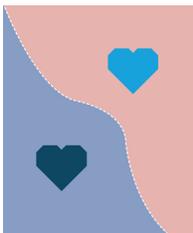
**Trust**  
Confidence that your partner won't do anything to hurt you or ruin the relationship.



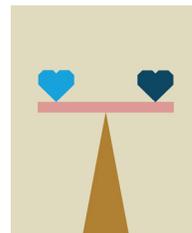
**Honesty**  
You can be truthful and candid without fearing how the other person will respond.



**Independence**  
You have space to be yourself outside of the relationship.



**Respect**  
You value one another's beliefs and opinions, and love one another for who you are as a person.



**Equality**  
The relationship feels balanced and everyone puts the same effort into the success of the relationship.



**Kindness**  
You are caring and empathetic to one another, and provide comfort and support.



**Taking Responsibility**  
Owning your own actions and words.



**Healthy Conflict**  
Openly and respectfully discussing issues and confronting disagreements non-judgmentally.



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