

Notes: Road to Healthy Relationships **KEY**

Realistic Expectations

- No one's life is perfect and happy all the time.
- Problems will arise, and what is important is how well you and your partner handle them together.

Sense of Humor

- A sense of humor is another component to a successful relationship. Laughing with--but not at--your partner is a healthy component to relationship.

Good Communication

- #1- Empathy: allows you to understand how your significant other feels without sharing the same feelings at the moment
- #2 – Keeping in Touch: talking about thoughts or feelings to keep up to date if your partner's view has changed; recounting your day with each other
- #3 – Sharing Ups and Downs: sharing support and guidance
- #4 – Listening involves listening carefully and providing honest feedback to aid effective communication.

Appreciation

- Appreciation is shown through compliments, praise and thoughtfulness. A simple "thank you" or hug are ways to show appreciation. Presents are not necessary to show your partner that you appreciate him or her.

Trust

- Trust is an additional component to a successful relationship. Trust makes for a secure foundation. To establish trust, one does not use or need power or force to hold the relationship together. Trust grows within a relationship.