SHARE YOUR INTERESTS AND DREAMS WITHOUT FEAR OF JUDGMENT

OPENLY DISCUSS THE RELATIONSHIP'S DYNAMICS AND DIRECTION

BE YOUR AUTHENTIC SELF DISCUSS PRIVATE
MATTERS WITHOUT
FEAR OF THEM BEING
SHARED WITH OTHERS

END THE
RELATIONSHIP AT
ANY POINT
WITHOUT FEAR OF
RETALIATION





TRUST CAN MEAN HAVING LIVES OUTSIDE THE RELATIONSHIP, WHICH MAY LOOK LIKE:

- Spending time with others without being questioned
- Remaining connected to others outside the relationship
- Having a support network comprised of people other than a partner

