Identifying factors that contribute to healthy relationship dynamics is crucial for understanding how relationships can be sustained over time. Literature suggests that communication, trust, respect, shared values, emotional support, and effective conflict resolution are pivotal. For instance, communication is vital for older couples in resolving conflicts, while trust is foundational for younger couples who are still building their relationship. These elements not only help maintain the relationship but also adapt to the changing needs of partners as they age. Encouraging peers to reflect on these factors, alongside additional ones from personal experiences or course materials, can enrich our understanding of what makes relationships thrive. This reflection can foster a more nuanced appreciation of the complexities involved in sustaining healthy relationships across different life stages.