

All relationships are unique, but there are aspects that all healthy relationships have in common.

Healthy relationships...

- *Have a common goal for the relationship and where you want it to go
- * Meaningful emotional connection
- * Respectful conflict management
- * Open and honest communication
- * Maintaining connections with friends and family

- Tip 1: Spend quality time together (not just online)
- Tip 2: Stay connected & communicate well
- Tip 3: Be a good listener
- Tip 4: Recognize what's important to your partner
- Tip 5: Be prepared for ups and downs

Tips for maintaining a healthy romantic relationship.

Red flags are signs that a person is probably not ready to have a healthy relationship.

Red flags to be aware of:

- Substance abuse or addiction
- Violent displays of temper
- History of infidelity
- Controlling nature
- No friends
- Lack of emotional intimacy
- Feeling uncomfortable or scared around the person

Healthy Romantic Relationships

Ask yourself:
Does my partner encourage me to grow?
Do we share goals for the future?
Do we want the same kind of relationship?
Can I be myself with them?
Do I accept them for who they are?
Do we give and take from each other fairly and equally?
Is my life better with them in it?
Does our time together have meaning?