

Building Healthy Relationships

Creating and maintaining a **healthy relationship** takes a willingness to be honest with yourself and your partner(s). While every relationship is unique in its own way, there are some commonalities that should be present in a healthy relationship. All relationships need some of the same basic ingredients to flourish, like strong communication, trust, and vulnerability. This resource was designed to help you reflect on your relationship, what areas you and your partner(s) are doing well at, and which might need more work!

Relationships aren't meant to be tedious. They really shouldn't feel like homework, but they do take some work to maintain. Keeping our relationships healthy can help keep us healthy and happy too.

Here are some common things to keep in mind and reflect on when it comes to yourself and your relationship. No one is perfect at everything, but putting time and effort into strengthening your relationship can make all the difference.

"When I talk to my partner, they value and listen to what I have to say"

COMMUNICATION

- I am able to talk to my partner(s) about any issues I might be having without my problems being put "on hold" or disregarded.
- I can have conversations that don't lead to a heated argument every time we talk.
- I'm able to talk (even though it may be embarrassing) about personal things such as sex, mental health, physical health, environments, etc. with my partner.

TRUST

- I know I can trust my partner with personal information about myself.
- My partner and I trust each other to be honest with one another.
- I don't feel like I have to worry about my partner cheating on me or being dishonest.

"I know I can talk to my partner about personal stuff. If I'm fighting with my family, I know I can tell them what's going on"



INDEPENDENCE

"In my relationship, I have the room I need to grow as a person, be myself and do my own thing"

- I feel like I'm still able to be myself and have my own interests, hobbies and passions. My partner(s) don't get in the way of me being me.
- I don't feel the need to be in constant contact with my partner at every moment. I am able to exist independent of them without there being an issue.
- I still see and spend time with my friends and other people in my life other than my partner.

VULNERABILITY

- I am able to be vulnerable about my feelings, fears and anxieties with my partner.
- I'm not afraid to show my emotions, including hurt, sadness, anger or frustration, around my partner.

"I feel safe to open up and not hide anything about who I am or how I'm feeling"

"For me, support is knowing I'm not alone, that there's someone behind me who can help me get through tough times"

STRONG SUPPORT NETWORKS

- I feel comfortable with my support network, including my partner. I have people in my life, like parents, friends and others, who can support me when I need it.
- I have people I can talk to when I am having a hard time or when something isn't going well.

SELF-ESTEEM

- I don't depend on my partner to feel good about who I am as a person.
- I am confident in myself. I know I have worth, and I won't let others take that away from me.

"My self-esteem comes from within - it's about knowing who I am and I know I have value"

Relationships aren't easy - they take time and work. But we can build healthy and happy relationships with our partners, families, friends and communities.