

# Characteristics of a Healthy Relationship

- The relationship is moral.
- The relationship is reciprocal; both people give and both people receive.
  - Each person seeks the best for the other person.
  - Each person treats the other person with respect.
  - Each person can disagree with the other person and can agree to disagree.
    - Each person can lovingly confront the other.
    - Each person has other close relationships.
    - Each person can show understanding and acceptance even when there are failures.
  - Each person takes responsibility for their own problems, mistakes, failures, and feelings and doesn't blame other people for these things or take responsibility for the other person's problems, mistakes, failures, or feelings.
- Each person also has an independent life separate from the other person.