

# Signs of HEALTHY relationships

## 1. Trust

Trust is arguably among the most important relationship characteristics. Without trust, there is the lack of a solid foundation on which to build emotional intimacy, and your potential for hurt — over and over again — grows ever bigger. \

## 2. Communication

Communicating honestly and respectfully, especially about things that are difficult, is something that does not come automatically to everyone. We may have learned to keep uncomfortable things under the surface for the sake of harmony or the appearance of perfection, or we also may have never even learned how to acknowledge difficult feelings to ourselves.

## 3. Patience

Partners in a healthy, loving relationship extend each other a basic common denominator of patience that allows for peace, flexibility, and support when one person is having a bad day or is not at their best.

## 4. Empathy

Being willing to take another person's perspective is helpful in so many cases — Can you truly put forth the effort to try to understand their perspective, even when you disagree with it? Does their pain spur you to try to help them feel better? Do you feel happy for their triumphs? Empathy is crucial for long-term love.

## 5. Affection and Interest

More subtle than love is the expression of that love in the form of affection and also a genuine interest — a liking of each other.

## 6. Flexibility

In healthy relationships, both partners are willing to adjust as needed to the changes and growth — positive and negative — that may come about during a long-term relationship. And they are able to evaluate on a joint level, especially during conflicts, what matters most to each person within the relationship, and how that should be prioritized.

## 7. Appreciation

The more that we feel that [gratitude](#), the more we feel appreciated for who we are within relationships, which also improves the relationship's well-being. [Even small expressions of gratitude and appreciation](#) can help improve relationship satisfaction.

## 8. Room for Growth

Relationships grow "stale" not just because a certain amount of time has elapsed, but because people feel stuck and unable to progress, either as individuals or as a couple. It is unrealistic — and downright unhealthy — to expect that two people will remain the exact same across months, years, and decades of a relationship. Hopes, fears, [goals](#), and interests constantly evolve, and that is a very good thing.

## 9. Respect

In healthy relationships, people talk to each other in ways that don't debase, invalidate, or belittle. They value each other's time and opinions like they value their own. They protect each other's privacy, and don't use each other as the butt of jokes or as hired help.

## 10. Reciprocity

In an ideal situation, the give-and-take roughly works out to equal over time, and neither partner feels resentful.

## 11. Healthy Conflict Resolution

Healthy relationships refrain from stonewalling and escalating into personal attacks when there is a difference of opinion or a problem. They are able to talk it through with respect, empathy, and understanding.

## 12. Individuality and Boundaries

It's important that each partner be given the freedom to still live their own life, especially in terms of friendships, professional goals, or hobbies. A strong, healthy relationship has adequate overlap to keep the connection strong, but each person has aspects of their life that are theirs alone, and that boundary is respected by both parties.

## 13. Openness and Honesty

No matter where you fall on the spectrum of letting it all hang out, it's important that there is a solid match — and that honesty underlies whatever disclosures you do make. Partners who mask their true selves, hide their emotional realities, or actively [deceive](#) their partners about their habits or their behaviors are jeopardizing the fundamental foundation of trust that every relationship needs.

See: <https://www.psychologytoday.com/us/blog/friendship-20/201812/what-does-healthy-relationship-look>

## 10 Signs of a Healthy Relationship

### 1. COMFORTABLE PACE

You and your partner allow the relationship to happen at a pace that feels comfortable for both of you. Often times when you begin dating someone, you may feel that you're spending all of your time with them because you want to – that is great! But be sure that nothing feels imbalanced or rushed in the relationship. In a healthy relationship, nobody pressures the other to have sex, make the relationship exclusive, move in together, meet their family and friends, get married, or have a baby. When you do choose to take these steps, you both feel happy and excited about it—no mixed feelings.

### 2. TRUST

Believing your partner won't do anything to hurt you or ruin the relationship. Examples are when your partner is comfortable when you do things without them, has faith that you won't cheat on them, respects your privacy online (like who you text and Snapchat), and doesn't make you go out of your way or work hard to "earn" their trust.

### 3. HONESTY

Being truthful and open with your partner. It's important to be able to talk together about what you both want. In a healthy relationship you can talk to your partner without fearing how they'll respond or if you'll be judged. They may not like what you have to say, but a healthy partner will respond to disappointing news in a considerate way. Some examples are having good communication about what you both want and expect and never feeling like you have to hide who you talk to or hang with from your partner.

### 4. INDEPENDENCE

Having space and freedom in your relationship to do you. Examples are when your partner supports you having friends and a life outside of your relationship and not needing to be attached at the hip or know every little detail about your life.

### 5. RESPECT

If respect is present in your relationship, your partner will value your beliefs, opinions and who you are as a person. Examples are complimenting you, supporting your hard work and dreams, not trying to push or overstep your boundaries, and sticking up for you.

### 6. EQUALITY

You and your partner have the same say and put equal effort into the relationship (instead of feeling like one person has more say than the other). Examples are feeling like you are heard in your relationship or feeling comfortable speaking up, making decisions together as opposed to one person calling all the shots, and equally compromising on decisions in your relationship that make the other person feel important or respected.

### 7. COMPASSION

Feeling a sense of care and concern from your partner and knowing that they will be there to support you, too. If you're in a healthy relationship, your partner will be kind to you, they will understand and be supportive of you when you're going through tough times, and they will lend a helping hand in times of need. An important caveat is that it has to be two-sided and displayed equally.

### 8. TAKING RESPONSIBILITY

You and your partner are both responsible for your own actions and words. You both avoid putting blame on each other and own up to your actions when you do something wrong. Examples are when your partner genuinely apologizes for their mistakes, they avoid taking things out on you when they're upset, and they try to make positive changes to better your relationship.

### 9. LOYALTY

When your partner is reliable and you feel confident that they have your back. Some examples are when your partner is respectful and faithful, sticks up for you, doesn't take sides against you but helps you see the middle ground, and keeps your secrets safe. In a healthy relationship, you don't have to test the other person's loyalty, because you just know it's there. Sometimes people say "we all make mistakes" and "nobody's perfect" to make excuses for disloyalty. If you find yourself saying that more than once, it's a red flag that the relationship may not be healthy.

### 10. COMMUNICATION

If you can talk to your partner about anything—the good and the bad—this is a sign of a healthy relationship. Examples are when you feel like your partner will listen to you when you need to talk and that they are open to discussing further and when you don't feel judged for your words or opinion.

Healthy relationships are ones that bring out the best in you. Even though no relationship is perfect, healthy relationships make you feel good *almost* all of the time and generally bring you up and not down. Here are some characteristics and behaviors of a healthy relationship. Keep in mind that with all of these behaviors, there's a threshold for when it becomes unhealthy. For instance, loyalty is great, but at a certain point it can be unhealthy if you are being loyal to a partner who continuously disrespects you. At the end of the day, the below characteristics in a healthy relationship make you feel confident and supported.