



The 9 KEY Components of a Healthy Relationship

- (1) There is a consistent attitude of honor & respect of each other (and for our own selves!)
- (2) Each gives the other the benefit of the doubt if there is a disagreement or upset (Note that this means that there is a solid trust of each other's motivating intentions.)
- (3) Each is committed to the well being of the relationship
- (4) The relationship is enriched by differences
- (5) Each genuinely cares about their partner
- (6) Each feels that they can depend on the other
- (7) Each feels safe to express his/her feelings, needs and thoughts
- (8) Each has developed communication skills to express their "inner world" - as well as be able to give the gift of deep listening and set healthy boundaries
- (9) Recently, I added a ninth component that I credit Dr. Margaret Paul for.. which she calls "the spark"
(Note that "the spark" will disappear in an unhealthy relationship - but will only deepen & grow over time with the above 8 components.)