WHAT MAKES A GREAT RELATIONSHIP?

Romantic and sexual relationships are ways to connect and share with other people. They can make you happy, but they can be challenging. No relationship is perfect all the time.

DOES YOUR RELATIONSHIP MAKE YOU HAPPY?
1. Do I feel listened to and respected?
2. Do I enjoy spending time with my partner?
3. Do I feel comfortable sharing my thoughts and feelings?

EQUALITY

When there is equality in a relationship, you:
- Give and take equally
- Make decisions together
- Compromise

You both make decisions and have equal power. Without equality, one partner takes control which isn't respectful of the other partner.

HONESTY

When your relationship is honest, you and your partner:
- Admit when you're wrong
- Tell the truth without fear
- Tell each other directly what you need to be happy

You tell each other what you need, instead of waiting for them to guess. You admit your mistakes and can expect forgiveness instead of grudges.

RESPECT

When you and your partner respect each other, you:
- Listen to each other's ideas and opinions
- Treat each other as friends who have their own feelings and needs
- Are proud of one another

You treat each other with kindness. Without respect, relationships can be hurtful.

TRUST

When you and your partner trust each other, you:
- Appreciate each other's need for family and friends outside of your relationship
- Are clear and feel good about how committed you are to each other
- Let each other make your own decisions

Trust can be built by talking, listening, being honest, and respecting each other's feelings.

GOOD COMMUNICATION

When your relationship is honest, you and your partner:
- Talk openly about your feelings
- Are able to work through disagreements
- Listen without judgement

You listen to and respect each other's wants, needs, and boundaries.