



# Is your relationship healthy?

## Take our relationship health check

Use the relationship health check below to see whether the following 12 qualities exist in yours and to what degree.

1. **Mutual respect:** Means that each person values who the other is and understands the other person's boundaries.
2. **Trust:** Without trust, there is no way to have a healthy relationship. Choose to trust in each other and give each other the benefit of the doubt.
3. **Honesty:** If you have ever caught your friend or dating partner in a huge lie, you know that it takes time to rebuild your trust in him or her. Always be honest. It builds trust and strengthens the relationship.
4. **Compromise:** You will not always get your way. Acknowledge different points of view and be willing to give and take. It's a bad sign when the relationship becomes a power struggle.
5. **Individuality:** You should not have to compromise who you are, and your identity should not be based on your boyfriend or girlfriend. Continue seeing your friends or doing the things that you love. Be supportive if your boyfriend or girlfriend wants to pursue new hobbies or make new friends.
6. **Good communication:** Speak honestly and openly to avoid miscommunication. If you need to sort out your feelings first, your boyfriend or girlfriend should respect your wishes and wait until you are ready to talk.
7. **Anger control:** We all get angry, but how we express it can affect our relationships with others. Anger can be handled in healthy ways such as taking a deep breath, counting to 10, or talking it out.
8. **Problem solving:** You can learn to solve problems and identify new solutions by breaking a problem into small parts or by talking through the situation.
9. **Fighting fair:** Everyone will argue at some point, but those who are fair, stick to the subject, and avoid insults are more likely to come up with a possible solution. Take a short break if the discussion gets too heated.
10. **Understanding:** Take a minute to understand what others might be feeling - put yourself in their shoes. It can improve communication skills, too.
11. **Self-confidence:** Having confidence in yourself can help your relationships with others. It shows that you are calm and comfortable enough to allow others to express their opinions without forcing your opinions on others to win an argument.
12. **Being a role model:** By modelling what respect means, you will inspire your boyfriend or girlfriend, your friends and your family to model respect too. Take every opportunity to give respect.

(Taken from the Choose respect.org site)