

What happens in a healthy relationship?

A good relationship is when....

- √ You make decisions together.
- √ You disagree and you know it's okay to **talk about your differences**.
- √ You **really listen** to each other's viewpoints and feelings.
- √ You **negotiate** when you have conflict—finding a way to compromise so you both get what you need.
- √ You **feel comfortable** taking time alone if you need it and feel okay doing some things separately.
- √ There is **no fear** in your relationship.
- √ You **don't restrict** or **control** each other.
- √ You **respect** and **value** each other.

You'll create a healthy relationship...

- √ By **being honest** with each other in the beginning.
- √ By giving each other **room to breathe**.
- √ By **being responsible** for your own feelings and valuing yourself.
- √ By **not expecting** the other person to **solve all your problems** or **give you everything you are going to need**.
- √ By **telling the truth** even when it's hard...not to hurt their feelings, but to **show respect** for yourself and them by caring enough to be honest.
- √ By **getting rid** of that chip on your shoulder.
- √ By **not letting anyone** treat you like a doormat!
- √ By treating someone as you would like to be treated yourself.

From "Making Waves" student manual on Dating Violence

If you are in an unsafe or abusive relationship, call the Everywoman's Center 24-hour hotline for free and confidential safety planning and counseling: (413) 545-0800 or (888) 337-0800 (local long distance).