What makes a Healthy Relationship?

There are many different components of a healthy relationship. Only you can be the judge of your relationship, although sometimes the people in the relationship lose an objective outlook on something/someone they are so close to. Think about your current or past relationship when considering the following questions.

- **Does your relationship involve more than physical aspects?**
- Can you say that substance abuse or other addictions play no role in your relationship?
- Does your partner know your joys, expectations, frustrations, dreams, fears and other important feelings?
- Has your partner shown commitment in times of crisis?
- Do you respect each other’s differences?
- Is there mutual respect for each other in all areas?
- **Do you both show an equal amount of compromise with each other?**
- **Is there room for growth in your relationship?**
- **Do you feel as though your identity has been maintained?**
- **Have you maintained the friendships that were important to you before this relationship? (friends, family, etc.)**
- Are your sexual boundaries respected?
- Is there always mutual consent to sexual interaction?
- Are you aware of your partner’s sexual history?
- **Are you remembering your safety and values when making sexual decisions?**
- **Have you discussed the consequences of sexual activity?**
- Has your world expanded since the beginning of this relationship?
- Does your partner compliment you/are you compatible?
- Is there equal trust between you?
- **Are you about to talk about things that are important to you?**
- **Are you able to resolve arguments rationally?**
- At the end of arguments do you feel you’ve learned something about each other?
- Can you say that there are no signs of possessiveness or consuming jealousy within this relationship?
- Can you say that you never feel like you’re walking on eggshells around your partner?
- **Are you happy with this relationship the majority of the time?**
- Do you get along more than not when you spend a long period of time together?
- **Are you able to be yourself around your partner?**
- Do you make each other laugh?