

We all know nobody is perfect, so there is no blueprint for the 'perfect relationship' – but there are some clear pointers for developing, recognising, and maintaining a healthy relationship.

A healthy relationship ...

- Is based on mutual respect
- Involves each person being responsible for themselves
- Involves sharing decisions
- Involves each person feeling safe and comfortable
- Allows for differences of opinion
- Involves open and honest communication
- Is often fun and enjoyable
- Involves emotional support and understanding
- Involves people who feel good about themselves and each other
- Accepts the need for privacy on both sides
- Allows time to get to know each other

Your Relationship Rights

The right to good will from the other

The right to emotional support

The right to be heard by the other and to be responded to with courtesy

The right to have your own view

The right to have your own view, even if your mate has a different view

The right to have your feelings and experience acknowledged as real

The right to receive a sincere apology for any jokes you find offensive

The right to clear and informative answers to questions that concern what is legitimately your business

The right to live free from accusation and blame

The right to live free from criticism and judgement

The right to have your work and your interests spoken of with respect

The right to encouragement

The right to live free from emotional and physical threat

The right to live free from angry outbursts and rage

The right to be called by no name that devalues you

