

(1) Be yourself

It's much easier and much more fun to be you than to pretend to be something or someone else. Healthy relationships are made of real people, not images! Others should accept the way you are, not try and change or control you.

(2) Keep expectations realistic

No one can be everything we want them to be. Sometimes we feel disappointed. It's not all-or-nothing. Healthy relationships mean accepting people as they are, not trying to change them!

(3) Talk with each other

Communication is very important to any relationship.

It means:

- *Take the time*
- *Genuinely listen (listen with your ears and your heart)*
- *Ask questions*
- *Share information*
- *Be honest*
- *Be open minded*

(4) Be flexible

Most of us try to keep people and things the way we like them. It's OK to feel sad, angry or worry when people or things change and we're not ready for it. Healthy relationships mean change is OK!

(5) Be respectful

Show respect for the other person. Respect each others differences. Value each other's opinions.

(6) Take care of you

We all want to make others happy. But don't forget to make yourself happy. Healthy relationships are mutual! They involve shared responsibility. Partners encourage each other to pursue their own interests and desires.

(7) Be dependable

If you make plans with someone, follow through. If you take on a responsibility, complete it. Healthy relationships are trustworthy!

(8) Build Trust

Trust and believe in each other.

- *Keep one's word*
- *Be accountable for one's actions and words*
- *Be open*
- *Manage when things don't go your way*
- *Assume the best about your partner*

(9) Keep your life balanced

Other people help make our lives satisfying but they can't create that satisfaction for us. (they can't complete us)

(10) It takes time

Sometimes it looks like everyone else is confident and connected. Healthy relationships can be learned and practiced and keep getting better!

Healthy Relationships

Ten Tips For Healthy Relationships

Healthy relationships bring happiness and health to our lives. Studies show that people with healthy relationships really do have more happiness and less stress. There are basic ways to make relationships healthy, even though each couple is different.

Adapted from Joyce Woodford, *Healthy Relationships*, Kansas State University, Counseling Services. To receive copies of this brochure, send an email to alicia.stratman@phci.org

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