

Characteristics Of A Healthy Relationship

- 1 Strong motivation by both individuals to make the relationship work.
2. Confidence that most problems can be resolved.
3. A firm commitment to and consistent attempts to communicate openly and directly. That is, the couple does not ignore feelings or automatically assume understanding.
4. A good feeling and a closer relationship usually result from a discussion of a difficult relationship problem.
5. Both individuals feel comfortable with the decisions that have been made about sex in the relationship.
6. Discussions about sex are as comfortable and open as discussions about other important aspects of life.
7. The couple has numerous shared interests.
8. The couple shares a similar philosophy of life.
9. Both individuals have similar motives and goals for the relationship
10. The couple has the ability to have fun together.
11. The couple, has the ability to relate well to other ?????.
12. Both individuals are receiving approximately equal gratification from the relationship.

WARNING SIGNALS

If a relationship has one or more of these characteristics, it makes sense to carefully evaluate the relationship, and perhaps to seek outside help to assist in looking at it realistically. If a relationship has several danger signs, PROCEED WITH CAUTION!

1. One person frequently feeling as if the other individual is attempting to convince him (her) to do something that he (she) is reluctant to do.
2. Trusted friends and relatives questioning either the quality of the relationship or the motives of one of the partners.
3. There is a significant age difference between the individual or teenagers, four or five years #s a significant difference
4. One partner feeling the other drinks too much.
- 5: One individual feeling trapped and difficult situation. A bad home situation is a common example
6. One or both partner's shows a significant reluctance to seek help from others even when the situation seems to warrant it.
7. One or both individuals frequently blaming the other for their difficulties.
8. Refusal or inability, to discuss and resolve difficult problems.
9. One partner being possessive suspicious than most people seem to be.
10. One or both partners having significant personal adjustment problem.
11. Nebulous feelings that something is Wrong.