

session 11: **handout**

10 WAYS TO CREATE HEALTHY RELATIONSHIPS

1. Take care of yourself before and while you're in a relationship. Have independent interests and activities that fulfill you. Never depend on a partner to make you feel complete.
2. Choose a boyfriend/girlfriend that you like and admire and who likes and admires you in return.
3. Accept your boyfriend/girlfriend for who she or he is – never count on someone changing themselves for you.
4. Become a good communicator.
5. Develop skills to manage conflict.
6. Keep the friendship alive.
7. Learn what makes your boyfriend/girlfriend feel loved and appreciated.
8. Discuss expectations with each other. Honor any commitments that you make. When each partner behaves in a trustworthy fashion, they can learn to trust each other.
9. Respect each other's opinions, limits, need for individual time, etc.
10. Know where to get support or help if you need it.