

On Healthy Relationships . . .

Healthy relationships are made of:

No Violence

- Do not use abuse body or feelings to get what you want.
- Do not destroy the other's property or relationships to keep that person to yourself or to control them.
- Do not make decisions for the other person.
- Do not stop the other person from learning by telling them what to think and do.

Talking to and Hearing Each Other

- Listen to others and try to understand what they are saying.
- Listen for the feelings that are inside the words that they are saying.
- Be honest about your feelings without hurting the other person or yourself.
- Lean to talk with more than words - there are many ways to let people know what you think.
- Learn how to say things at the right time and place.
- Let go of the need to win all the time - to reach a good agreement feels better.

Being Fair

- Know that you are responsible for your well-being and your feelings.
- Learn that you are not responsible for how other adults act.
- Do not expect one person to meet all your needs.
- Learn how to depend on others and how to depend on yourself.
- Take responsibility for making yourself better.
- To solve problems, look for ways that are good for you and the other person.
- Learn to share the work equally.
- Support the other person's goals and activities – be glad they are a success.

Knowing Yourself

- Learn who you are. Learn why you act the way you do. Learn where your feelings come from. Learn what you think about your life.
- Start to accept yourself the way you are. Decide how you want to grow and change.
- Take time to take care of your own needs.
- When you make a mistake, say so. Apologize to yourself and others when it is right to do that.
- Stop judging yourself and others.