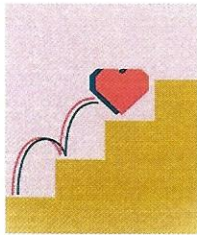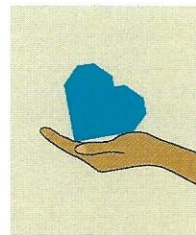# onelove

10 Signs of a Healthy Relationship

Healthy relationships bring out the best in you and make you feel good about yourself. A healthy relationship does not mean a "perfect" relationship, and no one is healthy 100% of the time, but the signs below are behaviors you should strive for in all of your relationships.

Healthy relationships manifest themselves as healthy communication, but in order to have a healthy relationship, you need to love yourself first. Here are some characteristics and behaviors of a healthy relationship.

Comfortable Pace
The relationship moves at a speed that feels enjoyable for each person.
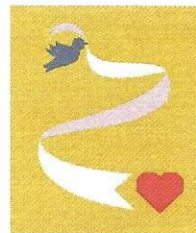
Trust
Confidence that your partner won't do anything to hurt you or ruin the relationship.

Honesty
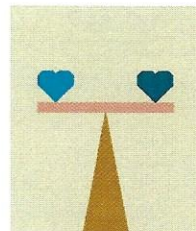You can be truthful and candid without fearing how the other person will respond.

Independence
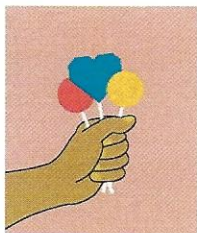You have space to be yourself outside of the relationship.

Respect
You value one another's beliefs and opinions, and love one another for who you are as a person.

Equality
The relationship feels balanced and everyone puts the same effort into the success of the relationship.

Kindness
You are caring and empathetic to one another, and provide comfort and support.

Taking Responsibility
Owning your own actions and words.

Healthy Conflict
Openly and respectfully discussing issues and confronting disagreements non-judgmentally.

Fun
You enjoy spending time together and bring out the best in each other.

Learn more at joinonelove.org