ARE YOU IN A HEALTHY RELATIONSHIP?
WHAT ARE COMMON TRAITS OF HEALTHY RELATIONSHIPS?

Safety

Respect

Honesty

Independence

Trust

Communication

Comfort

Support

Boundaries
Feeling comfortable express your emotions, desires, and boundaries

Trusting that your partner will listen to you and respect what you say

Open communication is an essential part of building and nurturing healthy relationships.
Check out this quiz on the 5 Love Languages to learn more about how you communicate love to a partner.
BUT WHAT IF WE FIGHT?

☆ All relationships involve some amount of conflict! It's okay to disagree with your partner.

☆ Not all relationships handle conflict in a healthy way, though.
HEALTHY CONFLICT RESOLUTION INVOLVES:

- Staying relatively calm so you can stay open to communication
- Managing your emotions and behavior to appropriately express your needs
- Paying attention to the feelings your partner is expressing
- Respecting that you and your partner may have different opinions or feel differently about the situation
Check out these tips from the Sexual Misconduct Prevention and Response office on what to do after an argument.
TIPS FOR BETTER COMMUNICATION IN YOUR RELATIONSHIP
- **Share your feelings**: Expressing feelings and needs, verbally or written
  - Use “I feel…” statements as opposed to “You are…”
- **Build trust**: Being there for and supporting each other
- **Listen deeply**: Keeping an open mind and giving your full attention
- **Be vulnerable**: Opening up to others and reaching out for support
- **Manage conflict**: Committing to a resolution that meets everyone's needs
**On Campus:**

- Talk with counselors at SHAC about your relationship or what you see missing in it
- Contact the Sexual Misconduct Prevention and Response (SMPR) office
- Speak with a Chaplain (confidential resource)

**Online:**

- Guide to sexcessful communication
- Healthy relationships quiz
- Overcommitment Bulletin Board
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Healthy relationships guide
Guide to successful communication

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