

## Healthy Relationships Grid

The things that make a relationship healthy for one person may be different than what makes a relationship healthy for another. That said, there is a core set of behaviors that need to be present for an equitable and healthy partnership. This is a tool to look into your image of what you want and need in a relationship.

<p><b>Core:</b> Basic relationship needs. These are things to <i>expect</i> from a healthy relationship.</p>	<p><b>Tolerable:</b> Things that partners may disagree upon but can be worked through by <i>communication and boundary setting</i>.</p>
<p><b>Equality</b>          Open Communication          Making mutual choices          Boundaries are respected          Trust</p>	
<p><b>Bonus:</b> Things that <i>would be nice</i> to have in common with as partner or to bond with.</p>	<p><b>Deal-Breaker:</b> Things that partners disagree upon that <i>could not be resolved</i> by communication.</p>