

HEALTHY RELATIONSHIP SKILLS

1

USE ACTIVE LISTENING



Give undivided attention and reflect back what you think your partner is trying to communicate.

If you don't prioritize your relationship, then no one will.



TAKE TIME FOR YOUR RELATIONSHIP

2

3

SAFE PLACE FOR DIFFICULT CONVERSATIONS



Create a place that is free of judgment, reactivity, negativity, and blame.

Remind yourself of what is going right and how things are good, even if it is something small.



TAKE TIME TO BE GRATEFUL DAILY

4

5

GIVE PARTNER THE BENEFIT OF THE DOUBT



Try assuming the best about a situation and then working to clarify your needs instead of assuming your partner meant harm.

Whether that's a date night, a hobby, a television show, etc., find something that you can join in doing.



FIND A COMMON INTEREST

6

7

TAKE TIME TO ASK QUESTIONS



Remember to get to know your partner and continue pursuing them. People change. You don't want to miss it.

Keep conversations about the relationship within the relationship. You don't need your cousin's opinion about your relationship. It is about the 2 of you so the 2 of you should be the ones to work it out.



TALK TO YOUR PARTNER ABOUT RELATIONSHIP

8

9

AVOID SPEAKING ILL OF YOUR PARTNER



Avoid speaking ill of your partner. Even in jest, negative comments have a damaging impact on your relationship. Focus on building each other up instead of leaving room to tear each other down.

Regularly measure your own investment into your relationship and see if there are ways to change your effort to improve your relationship. If in doubt or unsure, ask your partner about what they need!



MEASURE YOUR OWN INVESTMENT

10