

Relationship Green Flags

qualities of a healthy relationship

Every relationship is unique. For example, the way one couple expresses appreciation may be very different from how another couple does so. However, healthy relationships tend to be alike in many ways. These relationship green flags are associated with physical and mental wellness.

Appreciation

You respect and value your partner, and express gratitude often.

Balance

You find happiness in time spent together *and* apart. Some needs are met outside the relationship (through friendships, hobbies, etc.).

Commitment

You are invested in your partner and the relationship. You give the relationship adequate time and energy.

Commonality

You share important goals, beliefs, and values with your partner.

Conflict Resolution

You take responsibility for your actions, and work as a team to solve problems.

Effective Communication

You communicate your own needs and wishes, while respecting those of your partner.

Empathy

You take your partner's perspective and understand their feelings, even if you do not always agree.

Honesty

Your actions align with your words. The thoughts and feelings you express are genuine.

Independence

You have your own interests and goals separate from those of your partner.

Intimacy

You feel close and connected with your partner physically and emotionally.

Safety

You respect your partner's boundaries. You feel safe physically, intellectually (expressing thoughts), and emotionally (expressing feelings).

Self-Confidence

You feel comfortable being yourself in the relationship.