

MARKS OF A HEALTHY RELATIONSHIP

(inspired by "Facing Love Addiction by Pia Mellody)

Reminder: Keep improving your relationship with yourself through self-love, self-protection, self-identification, self-care and self-containment.

♥ Each partner views the other realistically

Each partner shows up, pays attention, tells the truth, asks for what they "need and want" and let go of attachment to the outcome.

Each partner recognises that the other is imperfect human being (like we all are)

Each partner remembers that we all make mistakes

When there is a boundary violation, each partner can deal with the violation without too much stress

Each partner knows the bottom line for maintaining identity and self-esteem and upholds it. (non-negotiables)

♥ Each partner takes responsibility for personal growth

Practice self-esteem (especially during conflict) and don't expect the other to validate him/her all the time

Each partner is responsible for his/her own boundaries (especially in conflict)

Each partner is a good listener (filtering the information through inner boundaries)

Each partner is responsible for identifying and sharing his/her physical, intellectual, emotional and spiritual reality.

Each partner takes responsibility for identifying her/his own "needs and wants" and for knowing how, with and whom it is appropriate to reveal them.

Each partner is responsible to learn to experience and express his/her reality with moderation

♥ Each partner takes responsibility for staying in the Wise Adult state (adult ego state)

Healthy people have mature adult emotions about current happenings and recognise that their thinking creates corresponding feelings.

Occasionally a partner might regress and act from the Wounded Child/Child Ego state/Adaptive child.

Each partner takes responsibility for it and try to avoid acting out from that part, communicating appropriately what is going on, finding a way to return to an adult ego state without abusing anyone in the process. => Inner child work is a great way to return to Wise Adult state

♥ **Each partner can focus on solutions to problems**

Focus is on how to resolve the issue efficiently.

You each take responsibility for doing what you have agreed to do about the problem.

Neither of you has to be right or wrong.

♥ **Each partner can be intimate with and support the partner a reasonable amount of the time**

When one of the partners expresses needs and wants, the other can be supportive as often as possible without sacrificing his or her own self-care and without doing the partner's work.

♥ **Each partner has developed a life of "abundance"**

Value, power and abundance are interrelated

Each partner focus on their self-worth by making choices in favour of themselves

Each partner focus on their self-care instead of punishing the other for not taking care of them, not respecting you or doing harm to you.

Practicing self-care and self-worth on a good level increase our sense of power and attracts all kind of abundance: friendships, money, peace, energy etc.

♥ **Each partner can negotiate and accept compromise**

Each partner operates from a place of abundance, not lack so does not need to have things their way all the time.

Each partner can stand the anxiety of getting their "wants and needs" only partially met.

Each partner can stand the experience of allowing the other partner to operate within the partner's value system, as long as it is not abusive to the allowing partner.

♥ **Each partner is usually able to enjoy the partner despite the differences between them**

Each partner, by a conscious effort, can often keep a reasonable focus on the things each like about the other, even when faced with something not likable.

Neither partner needs to manipulate, control or otherwise force the other into a being a certain way so that the one manipulating can be comfortable.

The "irritated" partner maintains an acceptable comfort level by his/her own selfcare activities including changing the focus of the thinking about issues which might have been frustrating in the past.

♥ **Each partner can communicate simply and directly**

Each partner takes responsibility for making clear, direct statements, concerning needs for intimacy and support and also for keeping these communication brief. (check the 4 sentences rule)