

YOUR RELATIONSHIP IS HEALTHY IF...

- you have open communication with your parents, as well as your dating partner's parents.
- you respect the other person's feelings, thoughts and opinions, and they respect yours.
- you support one another in healthy goals, interests or activities.
- you both feel physically safe in the relationship.
- you allow one another time with friends and include them in your life.
- your dating partner is not overly jealous and understands when you spend time away from them.
- your dating partner accepts you the way you are and does not expect you to change in appearance or in any way to please them.
- you don't feel like you are constantly trying to cover for or protect their image to others.
- you can be your AUTHENTIC self with your dating partner...You want someone who is good to you and good for you!

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