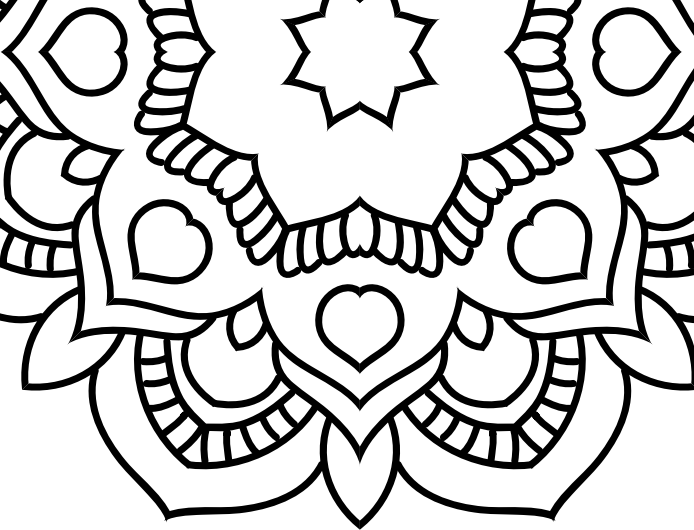
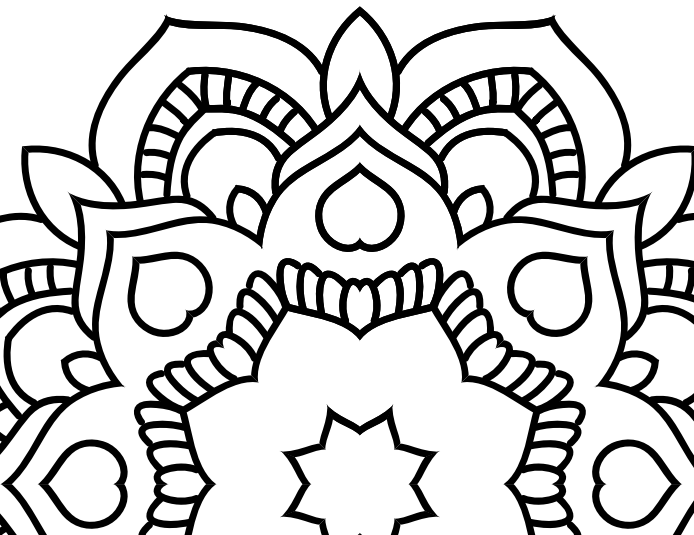




# 10 Signs of a Healthy Relationship



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### 1. **You Go at a Good Speed.**

No one feels pushed or rushed. You both feel okay with how fast things are moving.

### 2. **You Can Trust Each Other.**

You believe what they say. You don't feel like you need to check their phone or follow them around.

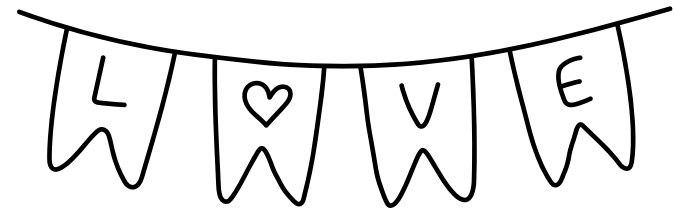
### 3. **You Can Be Honest.** You can tell the truth, even about hard things, without being scared of their reaction.

### 4. **You Have Your Own Life.**

You still spend time with your friends, family, and do the things you love by yourself. You're not joined at the hip.

### 5. **You Respect Each Other.**

You listen to their opinions, even if they're different from yours. You don't make fun of what's important to them.



### 6. **Things Feel Fair.** You both put in the same amount of effort. One person isn't always in charge or doing all the work.

### 7. **You Are Kind to Each Other.**

You care about each other's feelings. You are more nice than mean.

### 8. **You Say "I'm Sorry."** When you make a mistake, you admit it and apologize. You try not to make the same mistake again.

### 9. **You Can Argue in a Healthy Way.** It's okay to disagree! But you talk it out calmly instead of yelling, calling names, or giving the silent treatment.

### 10. **You Have Fun Together.** You laugh, joke around, and enjoy just hanging out. They make you happy.

