

## Solidify Your Healthiest Relationships

Take a look at the following qualities of healthy relationships. These can apply to romantic, platonic, and family relationships:

<ul style="list-style-type: none"> <li>Shared interests</li> <li>Sense of humor</li> <li>Ability to be vulnerable</li> <li>Acceptance for who you are</li> <li>Listening skills</li> <li>Planning skills</li> </ul>	<ul style="list-style-type: none"> <li>Supportive attitude toward interests not shared</li> <li>Respect for privacy</li> <li>Openness to growth and change</li> <li>Playfulness</li> <li>Confidence</li> <li>Reciprocal learning and teaching</li> </ul>	<ul style="list-style-type: none"> <li>Interest in your other friends and family</li> <li>Willingness to admit flaws</li> <li>Understanding that your needs may be different</li> <li>Ability to forgive</li> <li>Mutual authenticity</li> <li>Stability</li> </ul>
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The more of these traits in a relationship, the more rewarding it will feel. Nurture these relationships in order to solidify a healthy support system.

No relationship is a holy grail. Some people are better companions for certain activities than others. Play to your various relationships' strengths, so that you don't feel let down by unrealistic expectations of perfection.

Relationship (Name)	What I appreciate about this person	My favorite ways to spend time with this person	Activities I don't enjoy sharing with this person

Once you've filled out the table above, take action! Call, text, email, make a care package, send a letter, or find some other way to connect with the people who give you the most positive feelings.