

Mindful Dating

Eight Characteristics of a Healthy Relationship

Welcome

The Eight Characteristics of a Healthy Relationship are designed to help you better understand the qualities that contribute to healthy, lasting relationships.

Rather than providing a checklist of right or wrong answers, each reflection invites you to pause and consider your own experiences. Healthy relationships begin with self-awareness. As you read each characteristic, take time to reflect on how it has influenced your past and present relationships.

There are no correct or incorrect responses. The goal is simply to increase your understanding of yourself, your relationships, and the qualities that matter most to you.

As you work through these reflections, you may discover new insights about your relationship patterns, strengths, and areas for growth. Allow yourself the time and space to reflect honestly. Sometimes our greatest learning comes not from being given answers, but from discovering them ourselves.

Mutual Respect

Definition

Healthy relationships allow room for differences. You value each other's thoughts, feelings, opinions, and individuality, even when you disagree. Respect means listening without belittling, controlling, or trying to change one another.

Personal Reflection

Take a few moments to reflect on what this characteristic means to you and how it has influenced your past and present relationships.

Mutual Trust

Definition

Trust develops when both people are honest, dependable, and emotionally safe with one another. You can rely on each other to keep promises, respect boundaries, and act in ways that strengthen rather than weaken the relationship.

Personal Reflection

Take a few moments to reflect on what this characteristic means to you and how it has influenced your past and present relationships.

Shared Values

Definition

Shared values are among the strongest predictors of long-term relationship satisfaction. Values are not the same as shared interests—they are the principles that guide how you live your life, such as honesty, integrity, family, or financial responsibility. Understanding your own values—and how your partner defines theirs—is essential for lasting compatibility.

Personal Reflection

Take a few moments to reflect on what this characteristic means to you and how it has influenced your past and present relationships.

Healthy Boundaries

Definition

Healthy boundaries help both people feel respected and emotionally safe. Each partner understands and honors the other's physical, emotional, and personal limits while maintaining their own identity within the relationship.

Personal Reflection

Take a few moments to reflect on what this characteristic means to you and how it has influenced your past and present relationships.

Communication

Definition

Healthy communication means discussing concerns openly, honestly, and respectfully. Rather than making assumptions, you ask questions and seek understanding. Problems are addressed as they arise instead of being ignored until resentment builds.

Personal Reflection

Take a few moments to reflect on what this characteristic means to you and how it has influenced your past and present relationships.

Reciprocity

Definition

Healthy relationships involve a natural balance of giving and receiving. It isn't about keeping score—it means both partners contribute to the relationship in meaningful ways. At times one person may give more because life circumstances change, but over time the relationship feels mutually supportive.

Personal Reflection

Take a few moments to reflect on what this characteristic means to you and how it has influenced your past and present relationships.

Commitment

Definition

Commitment is the decision to invest in the relationship through both the good times and the challenges. It means being dependable, honoring your promises, and working together to strengthen the relationship over time.

Personal Reflection

Take a few moments to reflect on what this characteristic means to you and how it has influenced your past and present relationships.

Flexibility

Definition

Healthy relationships allow both people to grow and change over time. Flexibility means adapting to life's challenges while encouraging one another's personal interests, friendships, and goals without feeling threatened or trying to hold the other person back.

Personal Reflection

Take a few moments to reflect on what this characteristic means to you and how it has influenced your past and present relationships.