

7 SIGNS OF HEALTHY LOVE

every relationship works a little differently and it can be hard to know what 'counts' as **healthy love**.

here are 7 examples of **healthy behaviours** to look out for in your relationship.

RESPECTING YOU

"take all the time you need"

allowing the relationship to develop at the pace you're comfortable is just one of the ways your partner can show you the respect you deserve.

SUPPORTING YOU

"do you need to talk?"

it's easy to forget that a partner is also the role of a close friend - they should be able to support you when you are having a hard time, just as a good friend would.

WORKING TOGETHER

"what can we do to make this better?"

as a couple you are inevitably going to face challenges at some points - it's important to be able to work together, without feeling you're fighting the battle alone.

SEEING YOUR BEST SIDES

"you're hilarious - I love laughing with you!"

you're a fantastic person - your partner should bring out the best sides of who you are!

ENCOURAGING YOU

"I think you'd be great at that!"

you deserve to explore where your dreams and ambitions could take you - it's a big world out there!

BEING OPEN WITH YOU

"I need to talk about my past"

we've all done things we aren't proud of but it's important to be open with our partner about the parts of our lives that might impact them in the future.

TRUSTING YOU

"have a good time with the girls tonight"

healthy relationships are built on trust - you should be able to enjoy time away from one another without the presence of unreasonable telephone contact or 'checking' your plans.

PS. ... need to talk?

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