

Healthy Relationships



- ❖ Intimacy develops slowly over time from a friendship into a committed relationship. You enter into a relationship with someone who is capable of participating in an intimate relationship. They don't have emotional scars from their childhood or previous relationships.
- ❖ You can trust them. They can trust you. Trust must develop slowly over time.
- ❖ Being sexual when you want it – not being forced or coerced. Saying no to sex, gifts or attention you don't want.
- ❖ Not allowing someone to take advantage of you in any way (sexual, financial, and emotional) and not taking advantage of your partner.
- ❖ The relationship is based on trust, respect and commitment, you don't fear abandonment. You feel secure in the relationship.
- ❖ You feel relaxed about the relationship, you are not anxious about losing the other person.
- ❖ There is no drug or alcohol abuse, no love affairs, no physical, emotional or mental abuse.
- ❖ Your partner is a good friend, you respect each other, you can communicate your wants and needs honestly.
- ❖ You both encourage each other to be their best. You have concern for each other's happiness. You can talk openly about your needs and are listened to.
- ❖ Both partners see themselves as equals, no one is superior, there is no need to beg or plead, no need to dominate or compete.
- ❖ You both support each other's healthy hobbies and interests.
- ❖ You and your partner both have friends and interests outside the relationship. You are not isolated.

<http://www.leavingabuse.com/healthy.html>

If you are interested in participating in personal counseling or finding out more information, call for an intake appointment. Contact the Counseling and Mental Health Center, SSCB 3103, 281-283-2580. You are also invited to visit our website to learn about other services available to UHCL students at http://wwwadmin.cl.uh.edu/ssc/sca/counsel_personal.htm.