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.


If you are interested in participating in personal counseling or finding out more information, call for an intake appointment. Contact Counseling Services, SSCB 3103, 281-283-2580. You are also invited to visit our website to learn about other counseling services available to UHCL students at www.uhcl.edu/counseling-services.