

EMOTIONALLY HEALTHY PEOPLE SHARE THESE TRAITS

- The ability to recognize, identify, express, and manage feelings.
- The commitment to build and sustain healthy, meaningful relationships.
- The ability to overcome past painful experiences, self-destructive patterns, and distorted beliefs.
- The commitment to be open, truthful, and transparent about needs and feelings.
- The ability to love, respect, and forgive others in spite of differences.
- The commitment to continually self-examine thoughts and actions.
- The ability to face conflict, manage emotions positively, and communicate care in the process.