

## RELATIONALLY HEALTHY PEOPLE SHARE THESE TRAITS

- The ability to listen non judgmentally to others, value their opinions, and support their goals.
- The commitment to respect others, accept, and take into consideration the feelings, opinions, friends, activities, and interests of others.
- The ability to communicate truth in love to others.
- The commitment to acknowledge, accept responsibility, and ask for forgiveness when wrong.
- The ability to face conflict, recognize resolutions, implement solutions, and communicate with care in the process.
- The ability to love, respect, and forgive others in spite of differences.
- The commitment to be receptive and understanding of others' needs and feelings.