



What to Look for in a Partner

What makes a relationship healthy? Two people who value equality and respect make a good start. Here are some characteristics you may want to consider in a potential partner.

- Someone who supports your relationships with friends and family members: S/he is willing to spend time with your friends and family to get to know them, and at the same time gives you space to spend time alone with them.
- Someone who maintains his or her own friendships and family relationships, and wants you to get to know the people s/he is close to.
- Someone who supports your personal growth. S/he encourages you to participate in activities that are good for you, like sports or other athletic activities, clubs or groups you belong to, a job or a hobby.
- Someone who continues his or her own interests in outside activities, such as sports, clubs or groups, a job or a hobby.
- Someone who asks for, and listens to, your opinion but doesn't always have to agree with it.
- Someone who is comfortable with your having different opinions from him or her, and does not take it as a personal insult when you disagree.
- Someone who you feel comfortable expressing your feelings and emotions with.
- Someone who talks and listens.
- Someone who accepts responsibility for his or her own behavior, feelings and thoughts.
- Someone who can apologize when he or she is wrong, and accept your apology when you're wrong.
- Someone who considers the relationship a partnership.
- Someone who shares in decision-making.
- Someone who expects both partners to control their own money, and never uses money as a way of getting what s/he wants.
- Someone who treats other people with respect. (If a male, one who treats his mother and sisters with respect.)
- Someone who is secure enough not to feel threatened by your friendships with people of either sex.
- Someone who trusts you and expects to be trusted.
- Someone who encourages you in your goals and dreams.
- Someone who makes positive statements about your strengths.
- Someone who you feel safe with.
- Someone who can resolve conflicts without resorting to violence or put-downs.
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