Ten Ways to Have a Healthy and Happy Relationship

1. COMMUNICATION
   - Being willing to have open and honest dialogue.
   - Freely communicating emotions, problems, desires, expectations, etc. to one another.

2. PROBLEM SOLVING
   - Finding solutions to a problem where both people feel happy and satisfied.
   - Compromising so each person is happy with the decision.

3. SHARED POWER
   - Taking mutual responsibility and having equal influence on the relationship.
   - Making decisions together.

4. NON-THREATENING BEHAVIOR
   - Talking and acting so that expressing feelings is comfortable.
   - Acting in a way that creates a safe feeling and acting so that expressing feelings is comfortable.

5. TRUST AND SUPPORT
   - Supporting each other's goals in life.
   - Respecting each other's personal identity.
   - Supporting each other's self worth.

6. HONESTY AND ACCOUNTABILITY
   - Accepting responsibility for oneself.
   - Acknowledging past use of violence.
   - Admitting being wrong.
   - Communicating openly and truthfully.

7. PERSONAL GROWTH
   - Encouraging individual growth and freedom.
   - Supporting each other's goals in life.

8. NEGOTIATION AND FAIRNESS
   - Having an argument that ends with a compromise with which both people are happy and satisfied.
   - With a compromise that which
   - Supporting each other's personal identity.

9. SELF-CONFIDENCE
   - Respecting each other's personal identity.
   - Supporting each other's self worth.

10. RESPECT
    - Listening without expressing judgment.
    - Being emotionally affirming and understanding.
    - Value the opinions of others.
    - Have a balance of giving and receiving.

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