



*Below is a great definition of a healthy intimate relationship. This description was retrieved from "Tools for Coping with Life's Stressors". I have put key words in bold for you to quickly browse (although I encourage you to read the entire definition). Compare your current (or past) relationship to this definition to see how it measures up.*

### **Characteristics of a Healthy Intimate Relationship**

The goal in an intimate relationship is to feel **calm, centered and focused**. The intimacy needs to be **safe, supportive, respectful, nonpunitive and peaceful**. You feel **taken care of, wanted, unconditionally accepted and loved** just for existing and being alive in a healthy intimate relationship. You feel **part of something** and **not alone** in such a relationship. You experience **forgiving and being forgiven** with little revenge or reminding of past offenses. You find yourself **giving thanks** for just being alive in this relationship. A healthy intimate relationship has a **sense of directedness** with **plan and order**. You experience being **free** to be who you are rather than who you think you need to be for the other. This relationship makes you free from the "paralysis of analysis" needing to analyze every minute detail of what goes on in it. An intimate relationship has its **priorities in order**, with people's feelings and process of the relationship coming before things and money. A healthy intimate relationship encourages your **personal growth and supports your individuality**. This relationship does not result in you or your relationship partner becoming emotionally, physically or intellectually dependent on one another. An intimate relationship encourages the **spiritual growth** of both relationship partners and **makes room for God** in the relationship as a partner and friend.