
25 Healthy Relationship Traits Checklist

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What characteristics does it take to keep a couple together for a long time?

These traits tend to lead towards harmony in a relationship and help form a partnership where both share unconditional love.

Neither hides deep secrets from one other and each trusts that the other has their best interests in mind.

Ideally all relationships would contain all the items on this list, but realistically none will have them all.

Which do you think mean the most in a relationship?

1. Fun

So simple, but without it then the rest of this list doesn't matter. If we cannot have fun together then we might as well just be roommates. Imagine having a friend with whom you never have fun. Could you even be friends without fun?

2. Commitment

A promise to yourself and each other that you will give the relationship your best effort. It's tough enough to live your own

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life. Being ready to adjust to someone else's needs, habits and value system will put you to the test, but the rewards healthy relationships provide are substantial.

3. Empathy

The ability to understand your partner's needs and wants from their point of view.

4. Sincerity

The importance to honestly display what you are feeling and thinking. Do not fake either. Stick with your natural personality patterns. Your partner will act and feel based on how you express yourself.

5. Respect

The characteristic of giving and asking of what the other person grants us permission. We never knowingly take what is not ours. Providing the treatment that the other expects us to give.

6. Independence

Giving space to your partner when they wish for alone time. The opposite would be "smothering". Sharing in a mutually satisfying relationship can be quite fulfilling, but everyone needs to recharge their emotional and mental batteries alone.

7. Honesty

An obvious trait for healthy relationships. Telling the truth instead of hiding secrets sets up a healthy pattern for open communication and the ability to identify problems and resolve conflict.

8. Openness

Sincerely sharing feelings and thoughts without holding back. Reveal the extent of the importance of what weighs on your mind and you hold in your heart. This opens the path for emotional connection.

9. Maturity

Leaving your past negative relationship experience behind and identifying that each relationship is independent from the rest. Someone who has obtained emotional maturity through life experience and pursues a relationship which shares mutually accepting unconditional love will be easier to get along with.

10. Trust

Depend on the fact that the other person will take action which is best for both of you. When one in the relationship identifies conflict of interest they will promptly bring it to the other's attention in order to resolve the issue.

11. Compassion

Share in our partner's suffering or celebration. Lend a helping hand in time of need or rejoice in moments of success.

12. Introspective

Ability to identify and understand our own feelings to avoid destructive behavior for the individual or for both.

13. Consistent

Do and say what you normally would. Make choices based on your values. Your partner will feel safe being able to predict what actions you will take and what you will say.

14. Compromise

Share your responsibilities. No one likes to do all tasks and chores. Sometimes we enjoy doing the same daily responsibilities which require that only person complete them. Healthy relationships depend on our ability to agree on gracefully splitting the load and not complaining later. Compromise could also refer to devoting time together when lack of extensive time exists or a conflict of work schedules arise.

15. Connection

Sharing moments or conversation which strengthens the bond between one another. Connection helps eliminate the feeling of loneliness. It provides us that sense of security that someone

understands us on a deeper level. It forms the foundation of friendship.

16. Articulation

Expressing your appreciation or concerns facilitates bonding, but if you don't know how to express those feelings then your understanding of each other will suffer. My best tip is to keep your descriptions simple. Attempting to explain complex emotions with long explanations and big words will only tie you up in knots.

17. Forgiveness

People disappointment. When it happens you have a choice to excuse them or hold a grudge. Unless your better half shows no remorse for hurting you or causing destruction then your relationship would benefit from you forgiving each other. Allow room for mistakes.

18. Flexibility

Expect change. Something will inevitably change at no fault to either one of you. Be it their work schedule, hobbies, desire to spend time with friends or beliefs. Accept it. It's reality and to fight it will just cause aggravation.

Furthermore, adopt flexible thinking towards your partner's differences. No two people's value systems and points of view will align 100 percent of the time. Expect differences.

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19. Humor

No, you don't have to be a stand-up comic to crack jokes, but laughing and having a light-sided sense of humor will ease tension. Bills to pay, mouths to feed, chores and spilling wine on shirts will happen. How you look at your responsibilities and goof ups can change the mood from stressful to easy-going.

20. Affection

Display how much we appreciate the other person. Do not allow our partner to guess if we care or not. Express affection through touch or speech or both.

21. Security

Not a gated community rather a sense that you can act yourself and that you feel comfortable around each other and in your surroundings. You enjoy your life in general enough that it doesn't cause stress and block your mutual happiness.

22. Praise

Reward our loved one when they make us feel happy and for the attributes you enjoy about them. This teaches them about the treatment that we appreciate and expect. Again do not let our partners play the guessing game.

23. Thoughtfulness

Whether through acts of service or praise you proactively identify what matters most to your loved one. You bring to their attention that you know what they like. Show your loved one you appreciate them.

24. Goals

Both of you identify achievements that you work to achieve together. Accomplishing mutual goals provides opportunity to celebrate together. The sensation of the euphoria that results from winning together serves to create stronger connection.

25. Dreams

Not the same as goals. Dreams are cloudier, not definitive, but could someday become quantifiable. When this happens you could then “turn dreams into reality”. Imagine how it would feel if you could make the one big dream you share together come true?