

HEALTHY RELATIONSHIP RECIPE



2 servings



45 minutes

INGREDIENTS

- 2 cups of equality
- A tablespoon of Independence
- Two cups of honesty
- A teaspoon of empathy
- A dash of support
- 2 teaspoons of responsibility
- A cup of kindness
- A pinch of respect
- 1 cup of communication
- 2 tablespoons of boundaries

DIRECTIONS

1. Self awareness is the foundation of all relationships because "how can you respect, love, and care for someone else if you can't for yourself?" You need to know yourself and what you need to healthily be with someone else.
2. The healthy relationship qualities can be incorporated by just respecting yourself and your partner. Treat them how you want them to treat you and always remember that when you fight, you're never fighting against each other but with each other to get through the conflict,
3. Communication ties everything together because without communication you can never grow from anything or fix what needs to be fixed for a strong healthy relationship.