

HEALTHY RELATIONSHIP RECIPE



2 servings



45 minutes

INGREDIENTS

- 1 cup of self-love
- 1 1/2 cups of self-respect
- 2 tbs of dignity
- 2 tsps of loyalty
- 3/4 cups of love
- 1 and 1/2 cups of affection
- 1 tbs of healthy communication
- A pinch of boundaries
- 1 1/2 tsps of active listening
- 1 cup of expectations



DIRECTIONS

1. First, combine all self-aware ingredients in a medium to large sized mixing bowl. This is going to be the foundation for your recipe, and all other ingredients cannot be added until these are first combined to make a stable mixture.



2. Next, gradually mix in your healthy characteristics. These should combine together to stabilize and enhance your recipe, adding flavor and essence.

3. Finally, mix in your communication skills. This is the final step to your recipe. Ensure not to forget these ingredients. Otherwise, your creation will not bake well, and eventually fall apart.