

# HEALTHY RELATIONSHIP RECIPE



2 servings



45 minutes

## INGREDIENTS

- 1 cup of emotional literacy
- 2 cups of values
- 1 cup of self-esteem
- 3 TBLS of intimacy
- 1/2 cups of communication
- 3/4 cup of trust
- a pinch of individuality
- 1 cup of commitment
- 2 TBLS of empathy
- 2 TBLS of active listening

## DIRECTIONS

1. Self-awareness is the most important characteristic of all because if you aren't aware of how you work as an individual and if you don't understand yourself it'll be difficult to try and coexist in a relationship with someone else. In order to be with someone you need to understand your own values and emotions first.
2. When adding in the healthy characteristics it's important to keep in mind that you're dealing with another person. Ask how they want these characteristics to be implemented especially with things like intimacy and be sure to communicate what you're looking for in a relationship instead of assuming they want the same. Make your needs known while also listening to theirs.
3. Communication skills are the key to a good relationship. Make sure your partner is aware of active listening and I-statements. It makes conflict resolution go much smoother. If you and your partner are engaged in a assertive, no blaming, and empathetic conversation it'll make communication flow and make both individuals involved feel more comfortable to share their feelings in the future. We don't want to point fingers, but instead make it about you when communicating a negative feeling.