 **What Is a Healthy Relationship?**

People define relationships in many different ways, but for a relationship to be healthy you are:

* **Communicating**: You talk openly about problems and listen to one another. You respect each other’s opinions.
* **Respectful**: You value each other as you are.
* **Trusting**: You believe what your partner has to say.  You do not feel the need to “prove” each other’s trustworthiness.
* **Honest**: You are honest with each other, but can still keep some things private.
* **Equal**: You make decisions together and hold each other to the same standard.
* **Enjoying personal time**: You enjoy spending time apart, alone or with others. You respect each other’s need for time apart.
* **Economic/financial partners**: You and your partner have equal say with regard to finances. All partners have access to the resources they need.
* **Engaging in supportive parenting**: All partners are able to parent in a way they feel comfortable with.

For more information, go to the National Coalition Against Domestic Violence (NCADV) website or to the **Seeds of Security webpage of the Baltimore-Washington Conference at www.bwcumc.org/ministries/sos.**

**RESOURCES**

**Susanna Wesley House (Baltimore)**410-837-3787, [www.susannawesleyhouse.org](http://www.susannawesleyhouse.org)**Arundel House of Hope**  
410-863-4888, [www.hoh.org](http://www.hoh.org)**Marian House**                                   
410-467-4121, <https://www.marianhouse.org/>**Sarah’s House**  
410-551-7722,  [Catholicharities-md.org](http://www.bwcumc.org/Page/edit/863973/Catholicharities-md.org) (multiple locations)

**Source**: National Domestic Violence Hotline www.thehotline.org/healthy-relationships/relationship-spectrum/

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