



STEPS TO A STRONG RELATIONSHIP



SAFETY

Emotional Safety is the feeling that you can be fully yourself in the relationship without fear of judgment or negative repercussions from your partner. Letting your partner know you love, accept, and appreciate them for who they are is key to creating emotional safety in a relationship.



TRUST

Building a solid foundation of TRUST means being able to rely on your partner in the big things AND the little things. It takes sustained efforts over time, but proving yourself a trustworthy partner is a positive step towards building mutual trust in the relationship.



RESPECT

A respect-filled relationship creates an environment of love and understanding even when there is conflict. Mutual respect in a relationship allows both people to feel appreciated, important, and validated for their needs and desires.



OPENNESS

Change is inevitable in life. People will grow as they gain new experiences, go through losses, and attain new insights. Openness in a relationship ensures that you and your partner continue to grow together through the changes, instead of apart.



NURTURING

Nurturing in a relationship means that both partners care for and support each other both in the success of the relationship and in pursuit of their individual dreams and goals. The strongest relationships are the ones in which partners are each other's biggest cheerleaders.



GENEROSITY

Generosity in a relationship shows itself in many ways. It can be shown with your time and attention. It can be thinking of ways in which to put your partner first. It can be allowing your partner the room to be imperfect. Generosity creates intimacy and connection and is the final ingredient in a STRONG relationship.