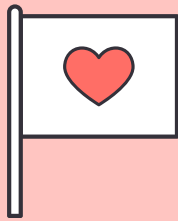


5 STEPS TO OPEN COMMUNICATION



Respect Each Other!

Each partner's wishes and feelings have value.

Let each other know they are making an effort to keep their ideas in mind.

Mutual respect is essential in maintaining healthy relationships.



Respect Each Others Privacy!

Just because someone is in a relationship doesn't mean they have to share everything and constantly be together.



Be Supportive!

Offer reassurance and encouragement to each other in a relationship. Also, partners should let each other know when they need their support.

Healthy relationships are about building each other up, not putting each other down..



Speak Up!

In a healthy relationship, if something is bothering them, it's best to talk about it instead of holding it in.



Compromise!

Disagreements are a natural part of healthy relationships, but it's important that they find a way to compromise if they disagree on something. They should try to solve conflicts in a fair and rational way.

For more information, please visit <https://www.lths.net/Page/12093>

This information and more can be found at loveisrespect.org