

30 YEARS - 30 WAYS TO A HEALTHY RELATIONSHIP

By Christopher Hall, Prevention Coordinator

- 1) UNDERSTAND YOURS AND YOUR PARTNER'S BOUNDARIES
- 2) HONOR YOUR PARTNER'S BOUNDARIES
- 3) PRACTICE THE SKILL OF LISTENING
- 4) ARGUE RESPECTFULLY
- 5) MAINTAIN YOUR PERSONAL SELF-CARE NEEDS
- 6) KNOW YOUR NON-NEGOTIABLES
- 7) SHOW APPRECIATION FOR YOUR PARTNER AS OFTEN AS POSSIBLE
- 8) LEARN TO NAVIGATE HARD TIMES WITH DIGNITY
- 9) SHARE YOUR LIFE WITH YOUR PARTNER
- 10) BE FLEXIBLE WITH CHORES
- 11) GIVE THE BENEFIT OF THE DOUBT AT ALL TIMES
- 12) DISCUSS YOUR VALUES AND MEANING IN LIFE
- 13) BE OKAY WITH NOT BEING IN COMPLETE AGREEMENT OVER EVERYTHING
- 14) MAKE TIME TO BE WITH YOUR PARTNER
- 15) LEARN AND TALK ABOUT YOUR PARTNER'S HOBBIES
- 16) ALLOW AND ENCOURAGE SPACE FOR YOU AND YOUR PARTNER TO HAVE ALONE TIME
- 17) BE AWARE OF YOUR OWN IRRITATING AND ALIENATING BEHAVIOR
- 18) OWN UP TO YOUR MISTAKES AND HARMFUL BEHAVIOR
- 19) KNOW WHAT KIND OF SUPPORT YOUR PARTNER APPRECIATES MOST – AND DO IT AS OFTEN AS POSSIBLE
- 20) UNDERSTAND THE DIFFERENCE BETWEEN NEGOTIATION AND COMPROMISE – AND DO BOTH WHEN YOUR PLANS ARE DIFFERENT FROM YOUR PARTNER'S
- 21) BE INCLUSIVE OF YOUR PARTNER
- 22) ALWAYS WORK TOWARD BEING OPEN AND TRANSPARENT
- 23) LET TIME RUN ITS COURSE – DO NOT RUSH DECISIONS
- 24) REMEMBER THE VALUE YOU HAVE FOR YOUR PARTNER
- 25) ACKNOWLEDGE YOUR PARTNER'S HUMANITY
- 26) CONNECT WITH SUPPORT BEYOND YOUR PARTNER
- 27) HANDLE TOUGH DECISIONS TOGETHER
- 28) BE ASSERTIVE ABOUT YOUR NEEDS AND THE NEEDS OF YOUR PARTNER
- 29) UNDERSTAND AND LEARN WHAT RESPECT IS
- 30) BALANCE TYPES OF INTIMACY (PASSION, CLOSENESS, COMMITMENT)



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For more details on each of these points, please visit wvcadv.org to access the full article, or call us at 304-965-3552