



10 WAYS TO HAVE A HAPPY RELATIONSHIP

1. Respect your partners' boundaries & set your own
2. Share your needs & listen to your partners' needs
3. Be respectful and open to compromise during conflicts
4. Always ask for consent
5. Support your partner & tell them when you need support
6. Make trust a central part of your relationship
7. Celebrate your partner and their unique qualities
8. Enjoy time or activities with other friends or family, or simply by yourself; and encourage your partner to do the same
9. Make decisions together
10. Spend quality time together

