



10 Ways to Create Healthy Relationships

- 1. Have independent interests and activities that fulfill you. Never depend on the other person totally to make you feel complete.*
- 2. Choose a person that you like and admire and who likes and admires you in return.*
- 3. Accept the other person for who she or he is. Never count on someone changing herself or himself for you.*
- 4. Become a good communicator.*
- 5. Develop skills to manage conflict without violence.*
- 6. Keep the friendship alive.*
- 7. Learn what makes the other person feel loved and appreciated.*
- 8. Discuss your expectations with each other. Honor any commitments that you make. When each of you behave in a trustworthy fashion, you can learn to trust each other*
- 9. Respect each other's opinions, limits, need for individual time, etc.*
- 10. Know where to get support or help if you need it.*

Teen resource center from the office of the Attorney General of Texas.

www.oag.state.tx.us/teens