

Thoughtful	Acceptance	Effort	Positive Self-esteem	Good Communication
Boundaries	Support	Non-threatening	Active Listening	Shared Decision making
Trust	Appreciation	FREE	Fight Fair	Forgiveness
Share Feelings	Giving & Receiving	Patience	Encouragement	Honesty
Balance	Respect	Co-operation	Understanding	Commitment

Trust	Understanding	Active Listening	Giving & Receiving	Boundaries
Positive Self-esteem	Forgiveness	Effort	Honesty	Appreciation
Fight Fair	Acceptance	FREE	Encouragement	Patience
Commitment	Thoughtful	Co-operation	Share Feelings	Balance
Good Communication	Equality	Shared Decision making	Non-threatening	Support

Share Feelings	Encouragement	Trust	Commitment	Positive Self-esteem
Respect	Shared Decision making	Understanding	Giving & Receiving	Appreciation
Patience	Active Listening	FREE	Fight Fair	Effort
Equality	Good Communication	Balance	Acceptance	Thoughtful
Support	Non-threatening	Forgiveness	Honesty	Co-operation