

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

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

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