

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

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

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