

Things to look for in a relationship

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

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Trust	Understanding	Active Listening	Giving & Receiving	Boundaries
Respect	Forgiveness	Effort	Honesty	Appreciation
Fight Fair	Acceptance	FREE	Encouragement	Positive Self-esteem
Commitment	Thoughtful	Co-operation	Shared Decision making	Balanced giving & receiving
Good Communication	Equality	Similar values	Patience	Support

Things to look for in a relationship

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