

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

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

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