

Trust	Active Listening	Acceptance	Effort	Respect
Healthy communication	Co-operation	Support	Laugh	Anger control
Problem Solving	Support	FREE	Understanding	Appreciation
Forgiveness	Boundaries	Good Communication	Share Feelings	Gratitude
Positive Self-esteem	Shared Decision making	Equality	Encouragement	Honesty

Good Communication	Encouragement	Assertive	Balance	Individuality
Healthy communication	Healthy Behavior(s)	Appreciation	Support	Respect
Forgiveness	Giving & Receiving	FREE	Support	Anger control
Understanding	Active Listening	Co-operation	Empathy	Patience
Selfless	Problem Solving	Laugh	Share Feelings	Boundaries

Positive Self-esteem	Healthy communication	Co-operation	Honesty	Active Listening
Forgiveness	Acceptance	Healthy Behavior(s)	Individuality	Trust
Assertive	Vulnerability	FREE	Validation	Commitment
Appreciation	Respect	Laugh	Compromise	Understanding
Boundaries	Anger control	Problem Solving	Giving & Receiving	Effort