

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

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

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