

Healthy Relationships

Skills That Help Fulfill Personal & Relational Needs

- | | |
|---|-------------------------------------|
| _____ Partnership | _____ Trust |
| _____ Cooperation | _____ Attention |
| _____ Confiding Skills | _____ Setting time for relationship |
| _____ Emotional openness | _____ Flexibility |
| _____ Co-responsibility | _____ Supportive |
| _____ Concern and empathy for the other | _____ Managing negative emotions |
| _____ Mutuality | _____ Admit when wrong |
| _____ Affirmation | _____ Offer forgiveness readily |
| _____ Shared power | _____ Release resentment |
| _____ Generous | _____ Acceptance |
| _____ Mutual respect | _____ Committed behaviors |
| _____ Loyalty | _____ Fun, playfulness |
| _____ See other as gift, not burden | _____ Other |

In a friendship, nothing can be taken for granted, nothing happens automatically, nothing comes without concentrated effort. Friendship requires trust, patience, attentiveness, courage, repentance, forgiveness, celebration, and most of all faithfulness.

Henri Nouwen