

## What Is a Healthy Relationship?

People define relationships in many different ways, but for a relationship to be healthy you are:

- **Communicating:** You talk openly about problems and listen to one another. You respect each other's opinions.
- **Respectful:** You value each other as you are.
- **Trusting:** You believe what your partner has to say. You do not feel the need to "prove" each other's trustworthiness.
- **Honest:** You are honest with each other, but can still keep some things private.
- **Equal:** You make decisions together and hold each other to the same standard.
- **Enjoying personal time:** You enjoy spending time apart, alone or with others. You respect each other's need for time apart.
- **Economic/financial partners:** You and your partner have equal say with regard to finances. All partners have access to the resources they need.
- **Engaging in supportive parenting:** All partners are able to parent in a way they feel comfortable with.

For more information, go to the National Coalition Against Domestic Violence (NCADV) website or to the **Seeds of Security webpage of the Baltimore-Washington Conference at [www.bwcumc.org/ministries/sos](http://www.bwcumc.org/ministries/sos).**

### RESOURCES

**Susanna Wesley House (Baltimore)**

410-837-3787, [www.susannawesleyhouse.org](http://www.susannawesleyhouse.org)

**Arundel House of Hope**

410-863-4888, [www.hoh.org](http://www.hoh.org)

**Marian House**

410-467-4121, <https://www.marianhouse.org/>

**Sarah's House**

410-551-7722, [Catholicharities-md.org](http://Catholicharities-md.org) (multiple locations)

**Source:** National Domestic Violence Hotline [www.thehotline.org/healthy-relationships/relationship-spectrum/](http://www.thehotline.org/healthy-relationships/relationship-spectrum/)

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