



5 Signs of a Healthy Relationship

1.

COMFORT

The friendship makes you feel confident and safe.

2.

HONESTY

You can be truthful and candid without fearing how the other person will respond.

3.

RESPECT

You value one another's opinions and beliefs, and love one another for who you are as a person.

4.

KINDNESS

You are caring and empathetic to each other, and provide one another comfort and support.

5.

AUTHENTICITY

You feel free to express yourself unapologetically, and you give your friend space to do the same.