



The following lists some key needs that are “healthy” to have in a thriving growing love partnership – and they can be fulfilled in a myriad of ways. These are fundamental needs that come from our adult “whole aware selves.” From this place, we have the capacity to love & respect each other *AND* our own selves fully.

Some Key Healthy Needs for a Thriving Relationship

- (1) Sense of safety to be our true selves
- (2) Consistent attitude of mutual respect
- (3) Expressions of genuine love
- (4) Open & honest communication (which includes deep listening)
- (5) To be valued & heard
- (6) Quality time together
- (7) Each can count on each other – and trust one another
- (8) There’s a healthy friendship with each other *AND* with others
- (9) Deep connection & intimacy
- (10) To embrace the differences with honor & respect
- (11) Capacity to work through conflict skillfully without judgment
- (12) Expressions of appreciation
- (13) Support of each other’s dreams