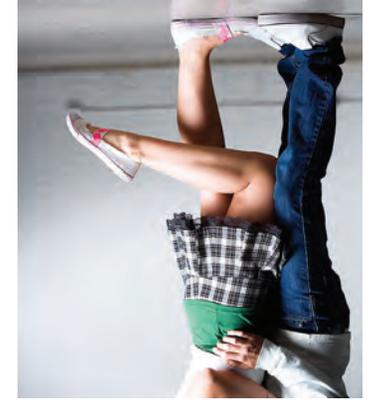


NON-THREATENING BEHAVIOR

4

Talking and acting so that expressing feelings is comfortable. Acting in a way that creates a safe feeling and environment.



3

SHARED POWER

Taking mutual responsibility and having equal influence on the relationship. Making decisions together.



6

HONESTY AND ACCOUNTABILITY

Accepting responsibility for oneself. Acknowledging past use of violence. Admitting being wrong. Communicating openly and truthfully.

5

TRUST AND SUPPORT

Supporting each other's goals in life. Respecting each other's right to their own feelings, friends, activities and opinions.

1

COMMUNICATION

Being willing to have open and honest dialogue. Freely communicating emotions, problems, desires, expectations, etc. to one another.

2

PROBLEM SOLVING

Finding solutions to a problem where both people feel happy and satisfied. Compromising so each person is happy with the decision.

8

NEGOTIATION AND FAIRNESS

Having an argument that ends with a compromise with which both people are happy and satisfied.

7

PERSONAL GROWTH

Encouraging individual growth and freedom. Supporting each other's goals in life.

9

SELF-CONFIDENCE

Respecting each other's personal identity. Supporting each other's self worth.



Ten

Ways to Have a



Healthy and Happy Relationship

10 RESPECT

Listening without expressing judgment. Being emotionally affirming and understanding. Value the opinions of others. Have a balance of giving and receiving.

For more info visit www.health.utah.gov/vipp