

How To Build A HEALTHY RELATIONSHIP



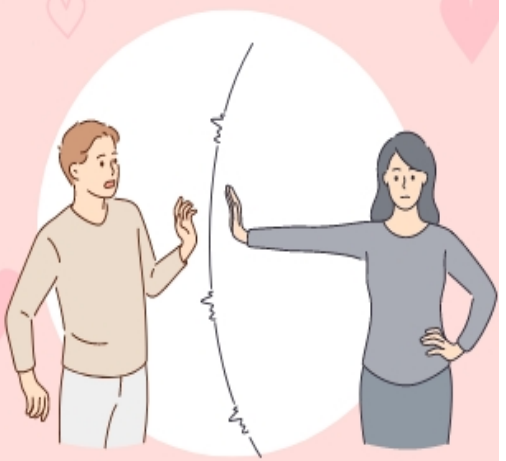
Spend quality time together



Have open communication



Understand their
nonverbal signals



Regard their boundaries



Have faith in your partner



Be emotionally available



Maintain transparency



Pick up new skills together