

Ingredients for a successful relationship



- Be open and honest.
- Listen to each other.
- Say nice things.
- Apologize.
- Share your feelings appropriately.
- Arguments can happen.
 - Once the argument is over, do not keep bringing it up.

- Respect boundaries.
- Share touch and affection appropriately.
- Do nice things for each other.
- Compromise and take turns.

- Healthy
- Safe
- Happy