

Attributes of a Loving Relationship

- Authentically sharing your feelings
- Communicating openly and honestly
 - Being kind and considerate
 - Honoring the other person's values
- Allowing the other person to explore and express new learning
 - Giving the other person space to grow
 - Being someone who encourages, a cheerleader
 - Being of peace and harmony
 - Being respectful
 - Being honest and trustworthy
 - Having a sense of humor
- Forgiving yourself and the other person when necessary
 - Stating your truth tactfully
 - Walking a mile in the other person's shoes
 - Being compassionate
 - Being a good listener
 - Being open-minded
- Knowing that another person can change only if they want to
 - Basing the relationship on the present, letting the past be a learning experience
- Setting your boundaries to reflect your own value and worth
- Understanding that a relationship is a journey of discovery
- Feeling blessed that someone wants to do the dance with you

- Acting from a place of unconditional love as best you can

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