



Decalogue of healthy couple relationship

1.- It is important to communicate my needs and
don't expect the other to guess.

What do I want?

What do I need?



2.- Relationships must be based on respect, trust, sincerity.



3.- To have a healthy relationship,

I need to feel good about the other person.

If the other person does not treat me well or I am not treating someone well,
there can be no good relationship.



4.- I can do activities without my partner.

It is not necessary to do everything with my partner.



5.- I must respect my partner as he/she is.





6.- I have the right to a space for my intimacy.

I don't have to tell all my stuff to my partner.



7.- It is important to be comfortable with the other person but
each one must seek happiness by itself.



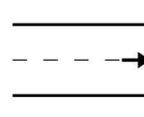
8.- Jealousy is not good in a relationship.

If I don't like something, it's better to talk about it.



9.- If the other person decides to finish our relationship

We must respect his/her decision without insisting
that he/she return with us.



10.- Never let them treat you badly.

