

## **Healthy Relationship**

1. Be able to say no or yes.
2. Respect self
3. Expect reciprocity. Share power and equality.
4. Share information gradually in a mutually trusting relationship.
5. You don't tolerate abuse/neglect.
6. You are in charge of exploring your full potential to be your best person.
7. You are responsible for your own happiness.
8. Your experience is never less than someone else.

## **CODEPENDENCE: DIS-EASE**

1. Unable to experience appropriate levels of self-esteem.
2. Unable to set functional boundaries.
3. Difficulty owning own reality- when to share and when to hold in.  
"Who am I?" is determined by others.
4. Unable to deal with adult issues of dependence around needing and wanting.
5. Unable to experience and express their reality in moderation, ie exploding or holding in.

## **TRUST =B.R.A.V.I.N.G**

**B**oundaries- able to say yes or no.

**R**eliability- doing what you say you are going to do.

**A**ccountability- own it, apologize and make amends.

**V**ault- hold in confidence.

**I**ntegrity- choosing courage over comfort; practice values vs just professing them; choosing what's right over what's fast, fun or easy.

**N**on-judgment- I can fall apart and struggle (and you) and ask for help.

**G**enerosity- assume the most generous thing about me when I screw up.