



Relationship Green Flags



○ **They treat everyone with kindness and respect - not just you.**

○ **They take accountability for their words and actions.**

If, they're willing to admit wrongdoing, apologize to you, and actually change their actions for the better, this is a sign of someone with the emotional maturity to actually build a relationship alongside of you.

○ **They respect and honor your boundaries.**

They listen to them, and operate within them.

○ **They do what they say they'll do.**

Anyone can tell you what you want to hear, but few people will show you they're serious about backing up those words with actions. Are they consistent? Trust is built through this consistency. Look how they conduct themselves in all areas of life, and see if they mean what they say (and say what they mean).

○ **They prioritize your feelings as much as their own.**

In a great relationship your mindset is shifted from "me" to "we". You're no longer making decisions that only affect your life, but that of your partner's as well. And, kids if either of you have them.

○ **They put in effort to understanding themselves and others.**

If someone isn't willing to understand things about themselves, they certainly won't put in the time to understand them about you. If they are, you can create a deep and meaningful bond based on truly knowing each other.

○ **They make you feel safe.**

Feeling safe is about being free of judgment. Knowing that you can open up to your partner, show them the most authentic version of yourself, and be fully accepted. Not just tolerated.

○ **They're willing to have hard conversations.**

Avoiding the difficult discussions does more harm than good in the long run. All that'll happen is that you harbor those feelings and they come out at an undesirable time, in an undesirable way. This creates an emotional blockage, and stifles the growth of the relationship as a whole. Having these difficult conversations can bring you closer together as you gain a deeper understanding of each other's wants and needs.

Someone who is mature enough to convey their feelings to you is also mature enough to hear you when you do the same in return.

○ **They compromise.**

○ **They learn the signs you give when you want (or don't want) something.**

○ **They approach conflict as a repair tool.**

When these hard conversations are had, there should be one goal in mind: Finding a mutually beneficial solution. It's you two against the problem, not you two against each other. It's about coming together as a team and finding a solution for both of you.

○ **They learn to frame their grievances properly.**

Effectively communicating these points is the key to being heard rather than starting a fight.

Be assertive rather than aggressive. Instead of attacking their behavior, tell them how you feel about it. "Your actions make me upset" try something closer to "I feel ABC way during the times we XYZ."

Make it clear that this is about how you are feeling, and that it's not a personal jab towards them.

○ **They are openly grateful.**

○ **They learn your love languages.**

Knowing the way(s) that your partner receives love is paramount to expressing it properly. These include:

- ✦ Acts of service.
- ✦ Physical touch.
- ✦ Gift giving.
- ✦ Quality time.
- ✦ Words of affirmation.

Learn which of these he/she most resonates with.

○ **They acknowledge their own faults.**

○ **They maintain their own passions and hobbies.**

Having your own identity within the relationship is a key piece of maintaining attraction and autonomy. Nobody wants to be with someone is simply a reflection of them. We want to be with someone who we can learn from, grow with, and be inspired by.

○ **They're fully present when you're together.**

Take regular time to really connect with each other and shut out all of life's noise. Your relationship will be stronger for it.

○ **They prioritize you feeling seen and heard.**

Life gets busy with: Work, bills, family, chores, hobbies, errands, etc. However, the center of it all, is your relationship and should be a core priority in your life. This is the person you're pledging your heart, body, and soul to - and your connection with them influences all other parts of your life. If you both prioritize each other, magic happens.