

7 Healthy Relationship Habits

1. Strive for Balance

Maintain your individuality as well as your couple hood

2. Deal with Conflicts and Move On

Have a calm, focused discussion about the issue instead of attacking or giving the silent treatment. Take a "time-out" to diffuse a heated situation.

3. Don't try to "fix"

Accept each other for who you are instead of trying to change each other.

4. Happiness is Your Responsibility

Happiness comes from within and is not your partner's responsibility. Find ways to be happy despite your circumstances.

5. Be Open & Honest

Share your feelings openly and honestly with your partner and create a safe space for them to share with you.

6. Take Time for Self-Care

Taking time out for yourself is the best way to rejuvenate yourself to be able to give more to your relationship.

7. Agree to Disagree

You won't always agree on everything. Agree to disagree and respect each other's points of view.