

Seton Hall University
Health & Counseling Services

QUALITIES OF HEALTHY RELATIONSHIPS

All of us seek to have healthy relationships. But sometimes our definitions of what we consider "healthy" vary. Most mental health professionals believe that healthy relationships include the following qualities:

Both partners:

1. feel good about themselves and the relationship;
2. feel free to question each other and explore conflicts in the relationship;
3. can accept the fact that even healthy relationships don't always work out and feel free to end the relationship at any time;
4. are able to be open-minded and listen to each other even when they don't feel like it;
5. recognize and accept their own needs and values as well as respecting those of their partner;
6. know that the relationship is only one important aspect of their total life;
7. assume responsibility for their own values, thoughts, feelings, and behavior;
8. are unwilling to accept physical, emotional or spiritual violence; and,
9. are able to take emotional risks and be vulnerable with each other.

If you are in a relationship that lacks any of these qualities, it would be wise to consider ways to either *change* the dynamics of the relationship or to *free* yourself from such a relationship. Counseling Services helps students work on both establishing and maintaining **healthy** relationships, as well as deciding when and how to get out of **unhealthy** relationships. If you would like any assistance in working on your current relationships with romantic partners, roommates, friends, or family members, please contact Counseling Services at 973-761-9500.