

## Hold me tight worksheets pdf: Version 2

### Unconditional Love:

Love your partner no matter what, tell them you love them and there are no conditions involved.

### Trust:

People who have secure and healthy relationships, trust each other and tell each other everything.

### Honesty:

It is one of the cornerstones of building strong relationships with your partner.

### Respect:

Mutual respect for your partner and their opinions.

### Communication:

Effective communication is another important aspect that builds a strong and healthy relationship with your partner which you can share and ask anything that you want to in your relationship.

### Loyalty:

It is something that every relationship is made of. People or couples who are loyal to each other

### Happiness:

Happiness doesn't mean that you have everything or that two people are living under ideal situations or circumstances, it only means that they can live beyond seeing each other's imperfections.

### Compromise:

Learn to compromise and make peace with your partner. Good and healthy relationships know how to compromise and see beyond the imperfections of their

### Safety & Protection:

People who have healthy relationships, no matter what protect and love each other.

### Independence:

Healthy relationships don't have to be too clingy and overly dependent.

### Personal Space:

Good and healthy relationships give each other space and time to grow.