



Central MN Mental Health Center
A time to heal, a place to start.



WELLNESS BULLETIN DECEMBER 2016

50 Characteristics of Healthy Relationships

-Written by Alice Boyes, Ph.D and published in Psychology Today

If you can say yes to most of these, it's very likely you're in a healthy relationship:

1. You can name your partner's best friend and identify a positive quality that the person has.
2. You and your partner are playful with each other.
3. You think your partner has good ideas.
4. You'd like to become more like your partner, at least in some ways.
5. Even when you disagree, you can acknowledge your partner makes sensible points.
6. You think about each other when you're not physically together.
7. You see your partner as trustworthy.
8. In relationship-relevant areas such as warmth and attractiveness, you view your partner a little bit more positively than they view themselves or than most other people view them.
9. You enjoy the ways your partner has changed and grown since you met.
10. Your partner is enthusiastic when something goes right for you.
11. When you reunite at the end of the day, you say something positive before you say something negative.
12. You reminisce about positive experiences you've had together in the past.
13. You can name one of your partner's favorite books.
14. You know your partner's aspirations in life.
15. You can recall something you did together that was new and challenging for both of you.

For the rest of the article visit:

<https://www.psychologytoday.com/blog/in-practice/201301/50-characteristics-healthy-relationships>

Relationship Building (any kind of relationship):

Make them as deep or as light-hearted as you like.

We have fun together when we:

1. _____
2. _____
3. _____

Unique things we have in common:

1. _____
2. _____
3. _____

Goals for our relationship/friendship:

1. _____
2. _____
3. _____

Clean Eating Peanut Butter Cookies

(These would be great for a cookie exchange)

Ingredients

- 1 cup peanut butter
- ¾ cup honey
- 1 egg
- 1 teaspoon vanilla extract
- ½ cup whole wheat pastry flour
- ½ cup peanuts (optional)

Directions

1. Combine all ingredients in a large mixing bowl & stir with a wooden spoon until well combined.
2. Using two teaspoons, scoop and drop the cookies onto a parchment lined cookie sheet.
3. Bake at 350 F. for 12-14 minutes.
(www.thegraciouspantry.com)

