

HEALTHY LOVE



- Allows for individuality
- Experiences both oneness with and separateness from a lover.
- Brings out the best qualities in partners.
- Accepts endings.
- Invites growth in the other.
- Experiences openness to change and exploration.
- Experiences true intimacy.
- Feels the freedom to ask honestly for what is wanted.
- Experiences giving and receiving in the same way.
- Does not attempt to change or control the other.
- Encourages self sufficiency of partners
- Does not crave unconditional love
- Finds commitment acceptable
- Has a high self esteem
- Trusts the memory of the beloved· enjoys the solitude.
- Expresses feelings spontaneously
- Welcomes closeness· risks vulnerability
- Cares with detachment
- Affirms equality of self and partner