

WHAT TO LOOK FOR IN A PARTNER...

- ☺ Someone who is willing to spend time with your friends/family to get to know them, and at the same time gives you space to spend time alone with them.
- ☺ Someone who maintains his or her own friendships and family relationships, and wants you to get to know the people s/he is close to.
- ☺ Someone who supports your personal growth. S/he encourages you to participate in activities that are good for you.
- ☺ Someone who asks for, and listens to, your opinion but doesn't always have to agree with it.
- ☺ Someone who you feel comfortable expressing your feelings and emotions with.
- ☺ Someone who talks and listens.
- ☺ Someone who accepts responsibility for his or her own behavior, feelings and thoughts.
- ☺ Someone who can apologize when he or she is wrong, and accept your apology when you're wrong.



- ☺ Someone who considers the relationship a partnership.
- ☺ Someone who shares in decision-making.
- ☺ Someone who you feel safe with.
- ☺ Someone who expects both partners to control their own money, and never uses money as a way of getting what s/he wants.
- ☺ Someone who treats other people with respect.
- ☺ Someone who trusts you and expects to be trusted.
- ☺ Someone who encourages you in your goals and dreams.
- ☺ Someone who makes positive statements about your strengths.
- ☺ Someone who can resolve conflicts without resorting to violence or put-downs.



Source: The Teen Relationship Workbook