

## 8 Steps to Maintaining a Healthy Relationship



1. Be aware of what you both want for self and relationship.
2. Let one another know what your needs are.
3. Realize the other person is not able to meet all of your needs.
4. Negotiate and compromise on what you want from each other.
5. Do not demand that the other person change to meet all your expectations.
6. Work to accept the differences between ideal (how you would like things to be) and reality (how they really are).
7. Try to see from others' point of view. You don't have to agree to respect and understand differences.
8. When differences come up, try to negotiate.

***If you can't seem to come to a "meeting of the minds", stop by the counseling center – maybe we can help you out.***