

# Green Flags in Relationships

## Empathy

- Respects your emotional wounds & never exploits them.
- Secrets are never shared or abused.
- You feel validated, seen, valued & heard, & can do these things in return for your partner.

## Boundaries

- Your alone time is respected.
- Individual thoughts are accepted & celebrated.
- Your time is appreciated.
- You retain your individuality in the relationship & your partner retains theirs.

## Cooperation

- Wants to work together.
- Encourages open communication.
- Openly shares & puts in effort.
- Is willing to compromise.

## Accountability

- Is self-aware.
- Can apologize for poor behaviour.
- Is introspective.
- Can empathize with others.

## Safety

- Your feelings are treasured & protected.
- You respect your partner's perspective & reality & vice versa.
- You feel safe & your partner feels safe too.

## Respect

- You can agree to disagree.
- Can discuss beliefs, ideals, wants & needs openly & without judgement.

# The Five Love Languages

## Acts of Service

This love language is about easing the burden of responsibility for your partner. It may involve completing chores or doing something nice for your partner.

## Quality Time

This love language is all about giving your partner your undivided attention. You enjoy spending time with your partner, perhaps sharing something meaningful together; or listening to and communicating with your partner.

## Physical Touch

This love language encompasses showing love and affection through any type of physical touch: hand holding, hugs, rubs and gentle touch.

## Words of Affirmation

This love language encompasses expressing your love and appreciation in words for your partner. Voice and text messages or handwritten notes are great ways to show love in this love language

## Gifts

This love language is centred around the appreciation of the love, thoughtfulness and effort involved in gift giving.