



# Signs you are in a Good Relationship

1 February 2024

I have met many people who have experienced really bad relationships. And often these people are concerned about getting back into another relationship that turns out to be as bad as, or even worse than, their previous ones. There is quite a lot written about the red flags to look out for in a relationship. I have written a lot about it. Many others have too. And yes, it is very useful information if we can keep our heads in the right place when we meet people, because sometimes we just don't want to acknowledge what our head is telling us.

There are also what are called green flags for a relationship. These are the signs that you can have a good relationship with the person. They are found in psychologically healthy people, people capable of psychologically healthy relationships. Let's have a look at some of them.

So, what are some of the green flags for a relationship. What are some of the characteristics and behaviour you want to see in someone:

1. They make you feel safe when you are around them, and even when you are not. A lot of people will tell you that they knew someone was for them, because in their presence they felt comfortable and at ease. You want to feel that. You want to be able to relax and be yourself. Of course, you will have arguments and differing opinions. But you can have arguments and differing opinions and still feel safe. Ask yourself if you feel safe with this person?
2. They are honest. Trust is important in a relationship. And you cannot have trust if someone is not honest. From the very beginning of a relationship you want to look out for signs the person is honest.
3. They respect your boundaries. They don't always have to know what your boundaries are, and they won't. However, if you tell them what your boundaries are you want them to be respected. Failing to respect your boundaries is a big warning sign. If it happens you can expect them to disrespect you in other ways

as well over time. Relationships require that we consider the needs of others. If you cannot respect someone's needs for space, time, and other boundary areas, then you will not respect them at all. In order to know if someone respects your boundaries, though, you need to have boundaries. If people can do whatever they like and you will accept it, then you are not going to know if this is someone who respects your boundaries. So, you do want to set some boundaries that matter to you.

4. *They are unselfish.* In many relationships one person wants to have most things, if not everything, their way. That is a relationship between a servant and master or slave and master. If someone displays signs of selfishness most of the time you want to be careful. They probably cannot have a healthy relationship with anyone.
5. *They take responsibility for their actions.* As human beings we are not perfect. We do mess up sometimes and do the wrong thing. What you want though, is someone who will own up, take responsibility, and fix what they did wrong. You want someone who takes ownership of their actions and doesn't blame others.
6. *They apologise when they are wrong.* It is important that an adult human being is able to say, "I am sorry". Be wary of anyone who doesn't apologise when they have done wrong. Chances are they are good at the "blame game".
7. *They remember things you say and like.* Someone who cares about you will take notice of you and take an interest in what you say and like. If you find yourself having to repeat yourself over and over again about the same thing to someone, consider whether they are in fact listening to you and paying attention to you. Listening, really listening well to someone and hearing what they are saying is a very good sign of someone who cares.
8. *They want the best for you.* If someone truly cares about you, they will want the best for you. Not what works for them. That is selfish. They will want the best for you. They will want you to be the best you can be. This may extend to making suggestions and giving advice, and it may sometimes not always be comfortable. Someone who cares for you is also someone who will do what needs to be done so you can become the best version of yourself, even if it is quite hard for them to do so.

You do want someone to have almost all these characteristics. A few is not okay. All of these criteria are important in a relationship. And having the opposite is a very bad sign. Human behaviour is complex. People don't always act in the same way and say the same things, although over time there usually is consistency in words and behaviour. So, it takes time to know if someone meets the above points. Most people cannot decide after one or two dates that they know who someone is. You need to observe people in different situations to be able to decide who they really are and what their standard behaviour is. For this reason, keep an open mind in the early stages of a relationship, and keep noting their behaviour. Over time you are likely to get a good picture of who you are dealing with.