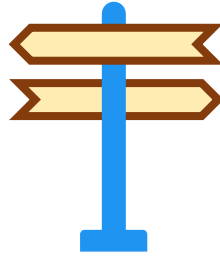


Keep the Fire Burning

Being a first responder can be stressful. Building a healthy relationship with your significant other can provide tremendous benefits to your overall health and well-being. In a healthy relationship, both people:



**Feel respected,
supported and valued**



Make decisions together



**Communicate openly
and honestly**

Tips for Building a Healthy Relationship

Prioritize Developing a Strong Friendship

Friendship is the foundation of long-lasting relationships. It is built on love, trust, good communication and meeting each others' needs.

Communicate and Set Realistic Expectations

Unrealistic, unspoken and unfulfilled expectations are some of the greatest sources of unhappiness in relationships.

Listen Silently, Reflectively and Find Common Ground

Positive listening includes eye contact, head nodding and finding points of agreement rather than disagreement.

Avoid Criticism, Defensiveness, Contempt and Stonewalling

Conflict is natural. Stay positive, stay calm, speak in a soft voice, accept each others' differences and forgive when necessary.

