

What is a Healthy Relationship?

I am a unique and complete individual independent of my husband (or anyone else). I stand on my own. I learn to bring my whole self into the relationship already having everything I need inside of me. I learn to be in partnership, not enmeshment, already fully in tact and 100% responsible for myself and my emotional state.

I need nothing from my partner and accept him for who he is. I am able to care for my partner and my relationship without expectations of a return on my "investment" because I am already happy inside and do not need my partner to do anything to make me happy.

In being with a good man, a good man is naturally loving and caring, so when *I* show up genuinely loving and caring not needing anything from him, he is right there with me ready to be loving and caring back.