## Things about my relationship that are good for me

- My partner actively supports me to follow my dreams
- We accept that we both change
- My partner takes good care of me when I am ill
- When my partner lets me down they always apologise and bring me flowers and chocolate
- My partner puts up with my family when they are troublesome
- My partner tells me about things and communicates whether things are going right or wrong
- We trust each other's judgement
- My partner makes me laugh
- We agree on the things that matter the most to us
- I can be myself with my partner
- · I feel secure in my relationship
- My partner always compliments me on my appearance
- My partner celebrates my success
- Whatever I tell my partner, I know they will support me
- I can talk to my partner about anything