RESPECT: Listening to him/her non-judgmentally. Being emotionally affirming and understanding. Valuing his/her opinions.

SHARED POWER: Taking mutual responsibility for recognizing influence on the relationship.

TRUST AND SUPPORT: Supporting his/her goals in life. Respecting his/her right to his/her own feelings, friends, activities, and opinions.


COMMUNICATION: Willingness to have open and spontaneous dialogue. Having a balance of giving and receiving. Problem solving to mutual benefit. Learning to compromise without one overshadowing the other.

SELF CONFIDENCE AND PERSONAL GROWTH: Respecting his/her personal identity and encouraging his/her individual growth and freedom. Supporting his/her security in his/her own worth.

SHARED POWER: Taking mutual responsibility for recognizing influence on the relationship.

NON THREATENING BEHAVIOR: Talking and acting so that he/she feels safe and comfortable expressing themselves and doing things.

SELF CONFIDENCE AND PERSONAL GROWTH: Respecting his/her personal identity and encouraging his/her individual growth and freedom. Supporting his/her security in his/her own worth.