

S.H.A.R.E.

Safety: Both people feel physically and emotionally safe with each other. You're comfortable to set boundaries and to say no without fear.

Honesty: You can be yourself. You don't hide things from your partner, your parents, or your friends. You may have things that are private but not secretive. You are also able to be honest with yourself about feelings.

Acceptance: You feel accepted by your partner for who you are and you accept yourself when you are with your partner. You also accept your partner's boundaries, decisions, values, and family rules. There is no pressure between you.

Respect: You feel valued and respected in your relationship. Your decisions, values, beliefs, and boundaries are respected and you offer that in return.

Enjoyment: You enjoy spending time together but also know how to balance other things in your life. You also feel okay to have your own space.