

Green flag relationships

- Listens to you
- Compromises when necessary
- Gives you space for individual friendship and alone time
- Takes care of themselves
- Accepting past without judgement
- Respects individuality and you feel safe to express yourself openly
- Admits mistakes and is able to apologise when they're in the wrong
- Stops doing things you tell them make you uncomfortable and honours boundaries
- Wants to spend quality time with you
- Encourages you to see and spend time with your friends and family
- Makes you laugh and isn't afraid to laugh at themselves
- Welcomes conversations about serious topics
- Shows vulnerability
- Respects your privacy and boundaries
- Takes responsibility for themselves and their own feelings
- Shares responsibilities and tasks
- Supports and embraces your appearance and what you choose to look like
- Gives you words of affirmation
- Makes an effort with your loved ones
- Takes an active interest in your passions and the things you enjoy



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