

# GREEN FLAGS

IN  
YOUR partner



ASK  
yourself

WHAT CAN I DO OR WORK TO  
IMPROVE ABOUT MYSELF TO  
BECOME A MORE KIND, LOVING AND  
SUPPORTIVE PARTNER?

ASK  
your partner

WHAT GOALS DO YOU HAVE FOR  
OUR RELATIONSHIP, AND HOW CAN  
WE WORK TOGETHER TO HELP MAKE  
THOSE GOALS BECOME A REALITY?



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#HERETOHELP

## PHYSICAL

- ✓ Honors boundaries
- ✓ Is self-sufficient
- ✓ Practices self-care
- ✓ Participates in healthy hobbies
- ✓ Can take a "no" without getting upset
- ✓ You share warm and comforting physical intimacy



## COMMUNICATION

- ✓ Shows empathy
- ✓ Not afraid to say "I'm sorry."
- ✓ Takes responsibility for self
- ✓ Communicates openly
- ✓ Can hold eye contact
- ✓ Can take a "no" without getting upset
- ✓ You can enjoy comfortable silence together
- ✓ Handles conflict with a solution-oriented approach



## SOCIAL/EMOTIONAL

- ✓ Supports your personal growth
- ✓ Reflects inwardly
- ✓ Maintains long-standing friendships
- ✓ Sensitive to your mental health issues
- ✓ Shows empathy
- ✓ Emotionally available
- ✓ Is not afraid to be vulnerable
- ✓ Honors boundaries
- ✓ Puts you at the top of their priority list
- ✓ Takes responsibility for self
- ✓ Participates in healthy hobbies
- ✓ You never have to ask for their attention
- ✓ Shares the same values as you
- ✓ Is self-sufficient
- ✓ Mature and confident
- ✓ You feel special with them on any given day

