
Components of a Healthy Relationship

- Care
- Affection
- Recognition
- Respect
- Commitment
- Trust
- Communication

🔍 questions to consider ✕

What does love mean to you?
How have you redefined love through different stages of your life?
What do you recognize as key components of being in any healthy, loving relationship?

“All About Love by Bell Hooks

“To begin by always thinking of love as an action rather than a feeling is one way in which anyone using the word in this manner automatically assumes accountability and responsibility. We’re often taught that we have no control over our ‘feelings.’ Yet most of us accept that we choose our actions, that intention and will inform what we do. We also accept that our actions have consequences. To think of actions shaping feelings is one way we rid ourselves of conventionally accepted assumptions such as that parents love their children, or that one simply ‘falls’ in love without exercising will or choice, that there are such things as ‘crimes of passion’ i.e. he killed her because he loved her so much. If we were constantly remembering that love is as love does, we wouldn’t use the word in a manner that devalues and degrades its meaning. When we are loving, we openly and honestly express care, affection, responsibility, respect, commitment, and trust.”