

...for a healthy partnership

10. Keep clean

Sharing your personal space with a partner can take some getting used to. Staying on top of your personal hygiene will make both you and your partner feel comfortable.

11. Do it yourself

Work on taking care of yourself and doing things that will bring you some independence. Some dependency in your relationship is normal and healthy, but too much can lead to misery.

12. Feel good about yourself

Research has shown that the more roles people fill, the better their self-esteem. Meaningful work, paid or volunteer, is a great way to feel good about who you are.

13. Maintain closeness

A good, lasting relationship needs to be maintained by giving attention often over time. Keep each other updated about your changing dreams, wants and needs as your relationship grows.

14. Share life responsibilities

Parenting and housework is work for both partners. Sharing and cooperating with each other helps everyone to feel better and sets a good example for children.

15. Enrich your relationship

Having hobbies or interests that you can share or talk about with your partner can make a relationship more satisfying.

16. Be spontaneous

Continue to have fun with your partner. Little surprises add fun and can make your partner feel loved. If you are away traveling, bring back a little treat. Invite your partner out on a date. After a hunting trip, greet your partner with a good meal by candlelight. Wake your partner up with a kiss.



You're together, you're a team

You and your partner are working toward a common goal. Embrace each others' viewpoints and strengths to make a team that is stronger than either of you alone.

The above was compiled by Pulaarvik Kablu Friendship Centre and adapted from Psychology Today.

Healthy Relationships



ΔΑΨΙΛΙΝΣ ΔΔΨΙΓ ΝΔΨΙΝΔΝ
IKITIAHIMALUGU INUUKHIK KATIMAJIIT
EMBRACE LIFE COUNCIL
CONSEIL SAISIS LA VIE

A strong foundation...

Everyone deserves to be loved and respected in relationships. Our actions and reactions towards our partners are in our control. The following tips can help you create and experience strong, healthy relationships. Talk about this brochure with your partner, your children, or anyone who visits your home.

1. Learn about the person

Observe their character, how they treat their family and friends. How do they see relationships? Are they honest? Take your time and choose a partner who shares your values. Talk about these questions before committing.

2. Sex and love are different

Love requires honesty, openness, and talking about your concerns, fears, sadness, as well as hopes and dreams. Sexual relationships are sometimes just physical and don't necessarily have these loving qualities.

3. Say what you need

Tell your partner how you feel and what you want, honestly.

4. Respect each other

Name-calling and disrespect destroy relationships. It's OK to disagree on things. Talking and understanding each other's point of view can help bring you closer together and help to avoid big arguments. Listen to your partner's concerns and complaints without judgment and try to see things from their perspective.

5. Ask questions

If you don't like or understand something your partner is doing, ask about it. Try not to assume you know what they think and feel, and ask them instead – you might be surprised!

6. Solve problems as they come

Hurt feelings can lead to feeling bitter and distance you from each other. If something is bothering you, take the time to talk about it sooner rather than later.

7. Make peace before going to bed

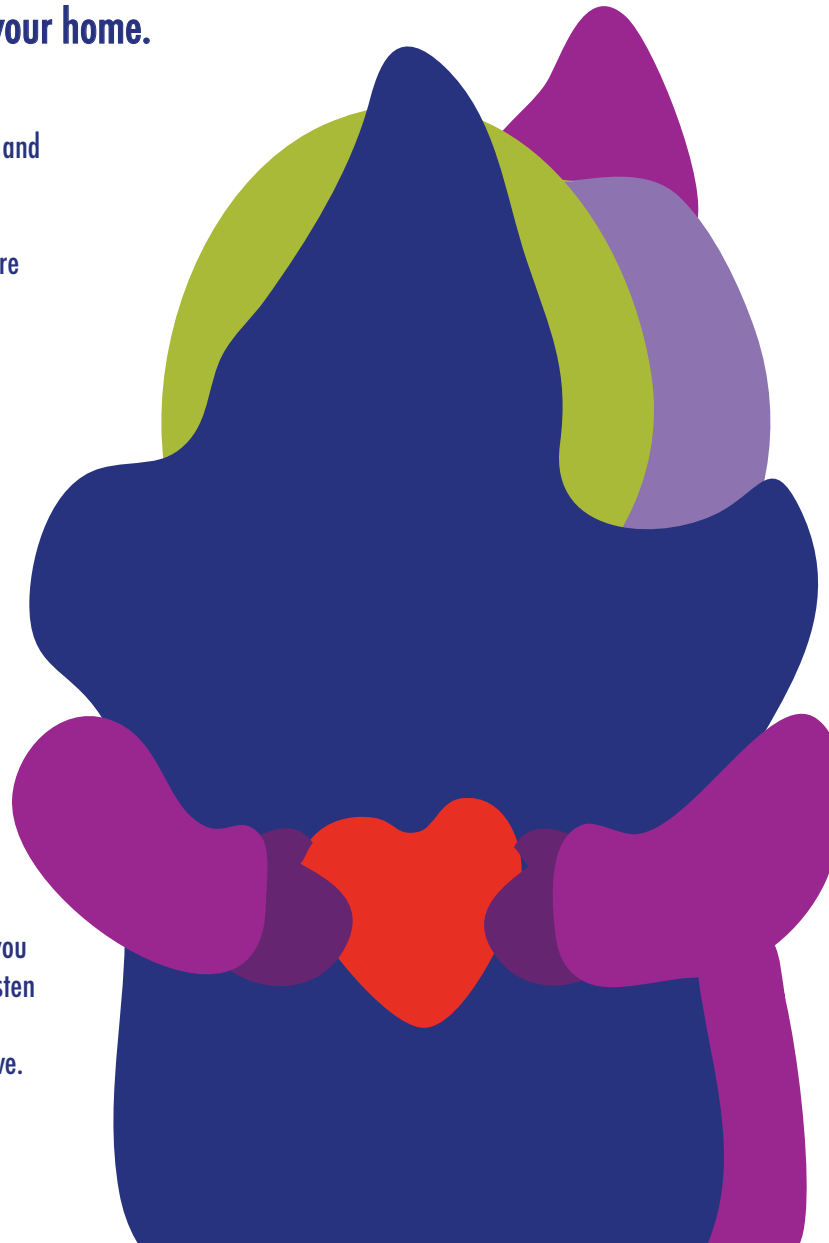
Even if you can't solve a problem by bedtime, call a truce, say how much you love each other, and go to bed with respect and love. Talk about it again the next day.

8. Cooperate with each other

Talk and work together to find a way to agree. As people's lives and needs change over time, good relationships constantly need to be worked on and redefined.

9. Say you're sorry

Everyone makes mistakes, but it's important to try to make it better. Relationships are happier if partners can say they're sorry to each other.



Healthy Relationships



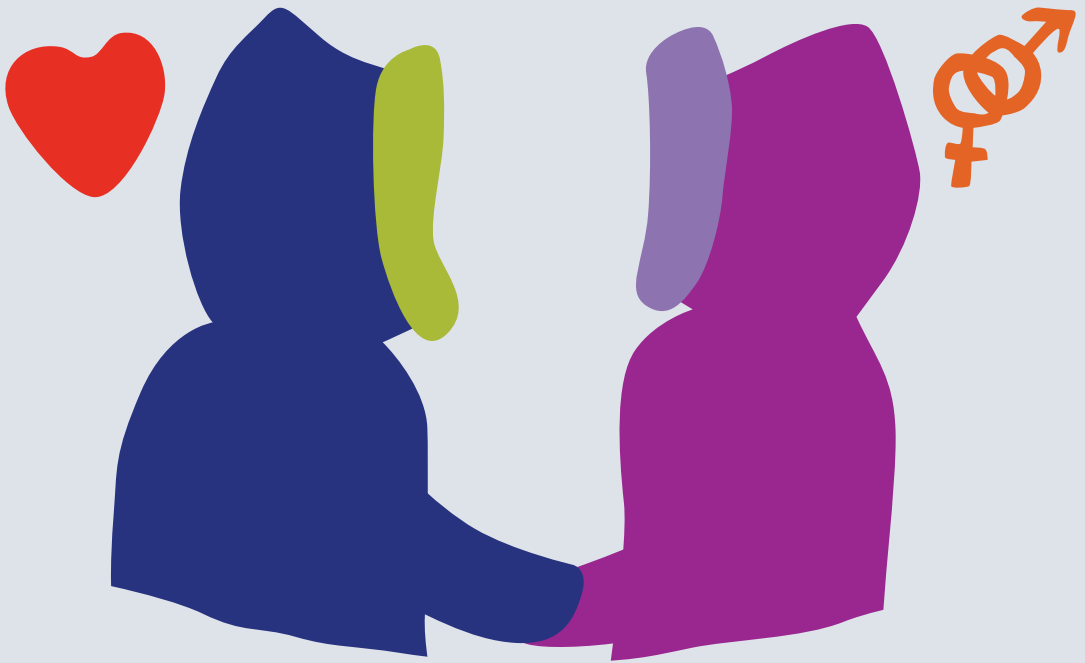
ΔΥΒΛΡΐ ΔΔΡΐΓ ΕΕΔΐΐΕΝΟΐ
IKITIAHIMALUGU INUUIK KATIMAJIT
EMBRACE LIFE COUNCIL
CONSEIL SAISIS LA VIE

1. Learn about the person

Observe their character, how they treat their family and friends. How do they see relationships? Are they honest? Take your time and choose a partner who shares your values. Talk about these questions before committing.

2. Sex and love are different

Love requires honesty, openness, and talking about your concerns, fears, sadness, as well as hopes and dreams. Sexual relationships are sometimes just physical and don't necessarily have these loving qualities.



ΔΥΒΛΛΡΉ ΔΨΡΉΓ ΒΚΖΉΨΒΝΉ
IKITIAHIMALUGU INUUHIK KATIMAJIIT
EMBRACE LIFE COUNCIL
CONSEIL SAISIS LA VIE

Healthy Relationships



ΔΥΒΛΛΡԸ ΔՋՐԿԸ ԵՇԿՅԵՈՐԸ
IKITIAHIMALUGU INUUHIK KATIMAJIIT
EMBRACE LIFE COUNCIL
CONSEIL SAISIS LA VIE

3. Say what you need

Tell your partner how you feel and what you want, honestly.

4. Respect each other

Name-calling and disrespect destroy relationships. It's OK to disagree on things. Talking and understanding each other's point of view can help bring you closer together and help to avoid big arguments. Listen to your partner's concerns and complaints without judgment and try to see things from their perspective.



ΔΥΒΥΛΡΉ ΔΨΡΨΓ ΒΚΥΨΒΝΨ
IKITIAHIMALUGU INUUHIK KATIMAJIIT
EMBRACE LIFE COUNCIL
CONSEIL SAISIS LA VIE

5. Ask questions

If you don't like or understand something your partner is doing, ask about it. Try not to assume you know what they think and feel, and ask them instead – you might be surprised!

6. Solve problems as they come

Hurt feelings can lead to feeling bitter and distance you from each other. If something is bothering you, take the time to talk about it sooner rather than later.



ΔΥΠΛΡΟ ΔΩΡΟΓ ΒΟΧΑΨΒΟΡΟ
IKITIAHIMALUGU INUUIK KATIMAJIT
EMBRACE LIFE COUNCIL
CONSEIL SAISIS LA VIE

7. Make peace before going to bed

Even if you can't solve a problem by bedtime, call a truce, say how much you love each other, and go to bed with respect and love. Talk about it again the next day.

8. Cooperate with each other

Talk and work together to find a way to agree. As people's lives and needs change over time, good relationships constantly need to be worked on and redefined.



ΔΛΥΠΛΡΉ ΔΨΡΉΓ ΕΚΔΥΨΟΝΉ
IKITIAHIMALUGU INUUHIK KATIMAJIIT
EMBRACE LIFE COUNCIL
CONSEIL SAISIS LA VIE

9. Say you're sorry

Everyone makes mistakes, but it's important to try to make it better. Relationships are happier if partners can say they're sorry to each other.

10. Keep clean

Sharing your personal space with a partner can take some getting used to. Staying on top of your personal hygiene will make both you and your partner feel comfortable.



ΔΥΒΥΛΡΉ ΔΨΡΨΓ ΒΥΒΨΒΝΉ
IKITIAHIMALUGU INUUHIK KATIMAJIIT
EMBRACE LIFE COUNCIL
CONSEIL SAISIS LA VIE

11. Do it yourself

Work on taking care of yourself and doing things that will bring you some independence. Some dependency in your relationship is normal and healthy, but too much can lead to misery.

12. Feel good about yourself

Research has shown that the more roles people fill, the better their self-esteem. Meaningful work, paid or volunteer, is a great way to feel good about who you are.



ΔΥΒΛΛΡϯ ΔϯΡϯΓ ΒΚΖΑΨΒΝΡϯ
IKITIAHIMALUGU INUUHIK KATIMAJIIT
EMBRACE LIFE COUNCIL
CONSEIL SAISIS LA VIE

13. Maintain closeness

A good, lasting relationship needs to be maintained by giving attention often over time. Keep each other updated about your changing dreams, wants and needs as your relationship grows.

14. Share life responsibilities

Parenting and housework is work for both partners. Sharing and cooperating with each other helps everyone to feel better and sets a good example for children.



ΔΛΥΠΛΡΐ ΔΔΡΐΓ ΔΔΔΐΔΔΔΔ
IKITIAHIMALUGU INUUHIK KATIMAJIIT
EMBRACE LIFE COUNCIL
CONSEIL SAISIS LA VIE

15. Enrich your relationship

Having hobbies or interests that you can share or talk about with your partner can make a relationship more satisfying.

16. Be spontaneous

Continue to have fun with your partner. Little surprises add fun and can make your partner feel loved. If you are away traveling, bring back a little treat. Invite your partner out on a date. After a hunting trip, greet your partner with a good meal by candlelight. Wake your partner up with a kiss.



ΔΥΒΥΛΛΙΟ ΔΩΡΕΩΣ ΒΕΒΛΗΜΕΝΟ
IKITIAHIMALUGU INUUHIK KATIMAJIIT
EMBRACE LIFE COUNCIL
CONSEIL SAISIS LA VIE