

# Core Values for Healthy Relationships



✓ Respect ✓ Trust ✓ Commitment ✓ Integrity ✓ Selflessness ✓

Core values are the foundation for how we live our lives and interact with others at home and work. Just as each branch of the military has a set of core values, so should every relationship. Living by core values helps keep relationships healthy and strong, and prevents destructive behaviors that can damage relationships.

Healthy intimate relationships start with respect, but trust, commitment, integrity and selflessness also help make relationships work.

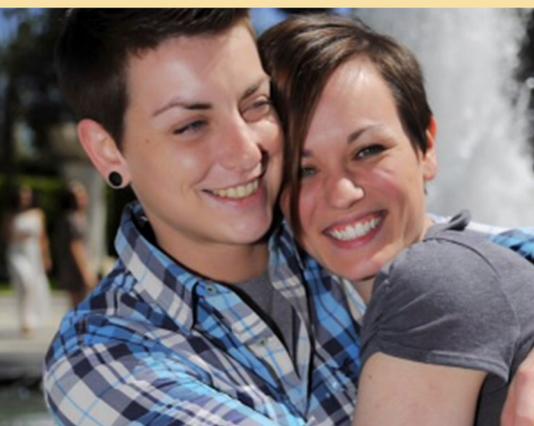
**Respect** is the feeling or act of honoring, or holding each other in esteem. Healthy relationships start with respect. You show respect for each other when you:

- ✓ Choose your words carefully to be helpful, not hurtful
- ✓ Acknowledge each other's contributions
- ✓ View each other as part of a team with different perspectives and strengths
- ✓ Talk things out together rather than assuming each knows what the other is thinking
- ✓ Solve problems as they arise so resentments don't build
- ✓ Listen to each other's concerns and complaints without judgment

**Trust** is the confidence you have in each other to act reliably and responsibly. Mutual trust is an essential ingredient in a healthy relationship. Trust is earned and should never be taken for granted. You earn each other's trust when you:

- ✓ Apologize when you make a mistake
- ✓ Practice forgiveness and let go of the issue
- ✓ Are predictable, which promotes trust and security
- ✓ Identify core beliefs you share
- ✓ Overcome jealousies and insecurities

Visit your installation's **Family Advocacy Program** for resources to develop positive relationships and handle common relationship challenges at every stage of life.



If you or someone you know needs help, confidential information and support are available around the clock. Call a Military OneSource consultant at 800-342-9647, visit your Family Advocacy Program or call the National Domestic Violence Hotline at 800-799-7233 for assistance with an abusive situation.

# Core Values for Healthy Relationships



**Commitment** is the pledge or promise you make to each other. In a healthy and fulfilling relationship, both partners are invested and willing to work together to overcome difficulties. You show your commitment to each other when you:

- ✓ Remain faithful
- ✓ Make open and honest communication a standard in your relationship
- ✓ Spend quality time with each other
- ✓ Make plans together for the future
- ✓ Consider each other's thoughts and feelings

**Integrity** is following moral and ethical principles. Neither you nor your partner should ever compromise the other's integrity, principles or safety. Integrity, or your word, must be unconditional and resolute. Your partner should be able to trust that your words match your actions. As partners, you demonstrate integrity when you:

- ✓ Cooperate with each other
- ✓ Are open with each other
- ✓ Trust each other to do the right thing and make responsible decisions
- ✓ Tell each other the truth

**Successful relationships don't just happen** — they take time and effort. To learn more, contact your installation's [Family Advocacy Program](#) or Military OneSource at 800-342-9647.

**Selflessness** is going out of your way for your partner or putting his or her needs before your own. As partners, you show selflessness when you:

- ✓ Develop empathy to see beyond your own concerns
- ✓ Compromise if you can't agree on something — let go of the need to be right or get your way
- ✓ Think about what the other wants or needs
- ✓ Understand and support each other
- ✓ Try to see the situation from the other's point of view
- ✓ Are responsive and helpful in times of need
- ✓ Really listen and respect each other's point of view

## Links and Resources:

Contact your installation's [Family Advocacy Program](#) or visit the following websites:  
[Military OneSource](#)  
[LovelsRespect.org](#)  
[Circleof6app.com](#)



If you or someone you know needs help, confidential information and support are available around the clock. Call a Military OneSource consultant at 800-342-9647, visit your Family Advocacy Program or call the National Domestic Violence Hotline at 800-799-7233 for assistance with an abusive situation.