

CONNECTION COMPASS

Key elements for a strong and supportive connection

THE PERSON I AM WITH...

- Respects my boundaries and asks when they're unsure.
- Encourages me to try new things and doesn't limit me from what I'm interested in.
- Celebrates my identity and individuality.
- Is willing to compromise and take responsibility when they are wrong.
- Respects me, my friends, and my family.
- Trusts me and supports my personal choices.
- Supports my growth and takes interest in my goals.
- Helps me feel seen, safe, and heard.
- Listens actively and values my opinion, even if they don't agree.
- Communicates openly and honestly.
- Does not try to control any part of my life, including who I talk to, what I wear, or what I do.

