

THE 15 BUILDING BLOCKS IN A RELATIONSHIP

1. **Accommodation** (adaptation, adjustment, compromise, and concession)
2. **Appreciation** (thankfulness, gratitude, acknowledgment, recognition, regard, and esteem)
3. **Commitment** (engagement, involvement, pledges, vows, bonds, and agreements)
4. **Communication** (imparting thoughts, feelings, ideas, disclosing, sharing, and revealing)
5. **Discord** (expressing anger, frustration, and other negative feelings in non-destructive ways)
6. **Empathy** (vicarious experiencing of thoughts, feelings, emotions, and attitudes; understanding by putting oneself in another's position)
7. **Expectations** (anticipating, high probabilities, and looking forward to certain things happening)
8. **Forgiveness** (absolution, reconciliation, and contrition)
9. **Honesty** (integrity, honor, and truthfulness; an absence of deceit and fraud)
10. **Kindness** (compassion, tenderness, helpfulness, consideration, and patience)
11. **Predictability** (anticipating in advance with some surety of what to expect and what is going to happen)
12. **Respect** (esteem, being held in high regard and thought highly of; listened to carefully and thoughtfully)
13. **Space** (having the physical and emotional latitude to do things, to be with other people, and to pursue interests alone)
14. **Trustworthiness** (truthfulness, reliability, and dependability; counting on someone and banking on them; believing they've got your back)
15. **Values** (holding ethics, standards, principles, moral codes, and ideologies that are honorable)