

# Trust Respect Love

## 3 pillars of a healthy relationship



### Trust

Trust is the glue that holds your relationship together. It acts as the bond that keeps you secure in your feelings and commitment.



### Respect

Respect is the recognition of your partner's uniqueness and the amazing things they bring to your relationship.



### Love

Trust and respect build the love that our partner feels from us. It builds up their sense of emotional safety and allows them to fully give themselves to us.



### Trust

When we can fully give ourselves into our relationship it shows and our partner's trust in us and our relationship grows even deeper.



### Respect

That trust builds up both partners in the relationship and helps to foster a genuine sense of mutual respect in which you both work toward the good of each other.



### Love

And that working together in good faith brings us together more. It builds the love we already feel for our partners and nurtures it into something greater. True love is built over years and becomes deeper and more meaningful as our trust and respect for each other grow.