

**Diocese of Covington**  
High School Safe Environment Resources

**QUALITIES OF  
MEANINGFUL  
RELATIONSHIPS**

*Spend a few minutes thinking about the people in your life with whom you have a special or important relationship.*

*Then answer the following questions:*

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- *The things that make these relationships special are...*
  - *Some steps I can take to improve these relationships are...*
  - *Some things that stand in the way of these relationships are...*

*Below is a list of positive qualities of meaningful relationships. Check the ones that you have noticed while considering your own important relationships. Identify one of your relationships in which many of these qualities are present in this relationship.*

- Honesty
- Understanding
- Trusts me
- Does not gossip
- Respects others
- Fun to be with
- Does things for me
- Cheerful
- Lets me do things for her/him
- Listens to me
- Helps me to be a better person
- Forgives others
- Has time for me
- Allows freedom and space
- Helps me grow closer to God
- Challenges me to grow
- Asks me to be responsible