

## Relationship Qualities



## HANDOUT E

<p><b>Accepting</b> – can easily accept others without making judgments.</p> <p><b>Active</b> – engages and participates in activities.</p> <p><b>Adaptable</b> – adjusts to new situations.</p> <p><b>Adventurous</b> - enjoys and looks for new experiences.</p> <p><b>Affectionate</b> – loving and warm-hearted.</p> <p><b>Ambitious</b> – has a strong desire to achieve their goals.</p> <p><b>Amusing</b> – funny, light-hearted</p> <p><b>Assertive</b> – confident in what they do or say and is determined.</p> <p><b>Attentive</b> – watchful, considerate and aware of things happening.</p> <p><b>Brave</b> – has strength to face danger, fear or difficulty.</p> <p><b>Broad-minded</b> – open to changes, and tolerant of difference.</p> <p><b>Careful</b> – someone who is cautious, thoughtful and attentive.</p> <p><b>Charming</b> – is very pleasing or attractive.</p> <p><b>Cheerful</b> – happy, fun-loving and optimistic.</p> <p><b>Clever</b> – knowledgeable, or quickly links ideas and actions.</p> <p><b>Compassionate</b> – kind-hearted, sympathetic and feels for others.</p> <p><b>Confident</b> – sure of themselves, believes in their own personal qualities and abilities.</p> <p><b>Creative</b> – has interesting and original ideas.</p>	<p><b>Decisive</b> - able to make clear decisions easily.</p> <p><b>Diligent</b> – works hard to a high standard.</p> <p><b>Dependable</b> – reliable, someone you can trust in situations.</p> <p><b>Disciplined</b> – sticks to rules or personal standards well.</p> <p><b>Easy-going</b> – relaxed, informal.</p> <p><b>Efficient</b> – doesn't waste time or resources achieving things.</p> <p><b>Energetic</b> – full of energy or enthusiasm.</p> <p><b>Expressive</b> - conveys meaning very clearly - either physically or verbally.</p> <p><b>Fair</b> – impartial and does not discriminate.</p> <p><b>Faithful</b> – loyal and devoted.</p> <p><b>Flexible</b> – can easily adapt and adjust to situations.</p> <p><b>Forgiving</b> – allows for mistakes or errors.</p> <p><b>Friendly</b> – warm and sociable.</p> <p><b>Generous</b> – kind and unselfish.</p> <p><b>Genuine</b> – authentic, honest, true to you and yourself.</p> <p><b>Hard-working</b> – is efficient and can work with commitment.</p> <p><b>Helpful</b> – has a desire to help others who are in need.</p> <p><b>Honest</b> – always truthful in actions. Never tell lies or does wrong things.</p> <p><b>Humble</b> – modest, does not think overly of themselves.</p> <p><b>Humorous</b> – funny, amusing, and entertaining.</p>
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**Imaginative** – can create mental images and ideas.

**Impartial** – unbiased and fair-minded.

**Innovative** – can make new ideas, experiment and explore.

**(Has) Integrity** – has strong moral principles and values.

**Intelligent** – is smart, sensitive, clever or thoughtful.

**Independent** – thinks and acts on their own.

**Kind** – friendly, caring, and considerate toward others.

**Liberal** – open-minded and respectful of others, but not very traditional.

**Loving** – compassionate, sensitive and caring towards others.

**Loyal** – faithful and gives constant support without over-questioning.

**Mature** – dependable, acts with experience and knowledge.

**Meticulous** – takes care over details.

**Modest** – not bold or showy, usually plays down their abilities.

**Motivated** – has a personal incentive to do well.

**Nurturing** - helps you to grow safely.

**Open-minded** – willing to consider new ideas.

**Patient** – uncomplaining and tolerant of others.

**Peaceful** – calm and harmonious.

**Playful** – light-hearted and jolly or jokey.

**Practical** – does things rather than theorises about them.

**Protective** - shelters you from harm (words or actions).

**Purposeful** – has a reason and a focus on doing things.

**Reasonable** – fair-minded, sensible, and logical.

**Reliable** – can be trusted easily.

**Responsible** – is willing, can manage things well and is accountable.

**Righteous** - very law-abiding and sticks to a clear moral code.

**Sensitive** – very aware and can easily respond to things.

**Sincere** – honest, and genuine.

**Stable** – consistent without many ups and downs.

**Supportive** – helpful, caring and protective.

**Sweet** - kind, sensitive, considerate.

**Tactful** – careful and considerate with words or actions.

**Talented** – has a special skill.

**Trustworthy** – honest and dependable.

**Truthful** – accurate with words and tells the truth.

**Understanding** – understands another point of view or situation.

**Warm** – friendly, kind, and pleasant.

**Wise** – has a deep understanding or experience.

**Witty** - funny with words.