

# CULTIVATING PILINA

HEALTHY RELATIONSHIPS  
FEBRUARY 2024



10 SIGNS OF HEALTHY RELATIONSHIPS	HE 'UMI HŌ'AILONA O KA PILINA KŪPONO
<b>CULTIVATING PILINA: KA HO'OIKAIKA PILINA 'ANA</b>	
<b>COMFORTABLE PACE</b>	<b>KA HOLO KŪPONO</b>
Your relationship moves at a speed that feels enjoyable for each person	Holo mālie kūpono ka pilina i 'olu'olu i nā kānaka pākahi
<b>TRUST</b>	<b>KA HILINA'I</b>
You have confidence that your partner won't do anything to hurt you or ruin the relationship	Hilina'i 'oe i ka mālama maika'i 'ana mai o ka pilialoha, 'a'ohe 'eha
<b>HONESTY</b>	<b>KA PONO</b>
You can be truthful & candid without fearing how the other person will respond	Hiki nō iā 'oe ke hana me ka maka'u 'ole i ka ho'oke'eo 'ana mai o ke kōko'olua
<b>INDEPENDENCE</b>	<b>KE KĀ'OKO'A</b>
You have space to be yourself outside of the relationship	'Ike 'ia nō kou piko'u me ka loa'a 'ole o ke kōko'olua
<b>RESPECT</b>	<b>KA MĀLIU</b>
You value one another's beliefs, opinions & love one another for who you are as a person	Maliu 'ia ka mana'o o kekahi i kekahi a aloha nō 'olua kekahi i kekahi.
<b>EQUALITY</b>	<b>KE KAULIKE</b>
You help the relationship feel balanced & everyone puts the same effort into the success of the partnership	He kaulike ka nui o kā 'olua hana pualu 'ana no ka pono o ka pilina
<b>KINDNESS</b>	<b>KA LOKOMAIKA'I</b>
You are caring to one another You provide comfort & support	Mālama 'olua kekahi i kekahi Aloha a kāko'o 'olua kekahi i kekahi
<b>ACCOUNTABILITY</b>	<b>KE KULEANA</b>
You own your actions & words You are able to admit when you make a mistake	He mana ko kāu 'ōlelo 'A'ole 'oe ho'āhewa iā ha'i no kou hemahema
<b>HEALTHY CONFLICT</b>	<b>KA PAIO KŪPONO</b>
You respectfully discuss issues You confront disagreements nonjudgmentally	Kūkākūkā 'olu'olu 'oe 'A'ohe ou mākonā i nā mana'o 'oko'a
<b>FUN</b>	<b>KA LE'ALE'A</b>
You enjoy spending time together & you bring out the best in each other	'Olu'olu 'olua i ka launa kekahi me kekahi a ho'okā'oi 'olua kekahi i kekahi