

# APPENDIX B: CHARACTERISTICS OF EMOTIONALLY HEALTHY PEOPLE

While there are many characteristics of healthy, emotional well-being, the list below provides a good summary. Please review the list along with a support person and discuss whether each item represents a strength area, a growth area, or an area of deficit you need to actively work on. A potential spouse will not necessarily be perfect in all areas but should demonstrate healthy tendencies.

- Is empathic; is sensitive & responsive to other peoples' needs & feelings.
- Tends to be conscientious and responsible.
- Is able to use his/her talents, abilities, and energy effectively and productively.
- Is able to form close and lasting friendships characterized by mutual support and sharing of experiences.
- Tends to express emotions appropriate in quality and intensity to the situation at hand.
- Appreciates and responds to humor.
- Generally finds contentment and happiness in life's activities.
- Is creative; is able to see things or approach problems in novel ways.
- Has moral and ethical standards and strives to live up to them.
- Is capable of sustaining a meaningful love relationship characterized by genuine intimacy and caring.
- Is able to assert him/herself effectively and appropriately when necessary.
- Finds meaning in belonging and contributing to a larger community (e.g., organization, church, neighborhood, etc.).
- Is able to find meaning and satisfaction in the pursuit of long-term goals and ambitions.
- Is articulate; can express himself/herself well in words.
- Enjoys challenges; takes pleasure in accomplishing things.
- Is capable of hearing information that is emotionally threatening (i.e., that challenges cherished perceptions, and self-perceptions) and can use and benefit from it.
- Is able to find meaning and fulfillment in guiding, mentoring, or nurturing others.
- Has the capacity to recognize alternative viewpoints, even in matters that stir up strong feelings.
- Appears to have come to terms with painful experiences from the past; has found meaning in, and grown from such experiences.
- Tends to elicit liking in others.
- Appears comfortable and at ease in social situations.
- Has a healthy view of sexuality and is not controlled by it.

Why does all this matter? The graphic shows building blocks which healthy people possess and from which healthy relationships are formed. Note each level affects, and is affected by, one's relationship with Christ.

