Healthy vs. Unhealthy Relationships

Healthy Relationships Have…

- Communication: Mutual open and honest communication about needs and feelings. Saying what you mean and meaning what you say.

- Other Relationships: Friendships can be created and maintained outside of the relationship

- Boundaries: Clear limits that are understood and respected. No means no.

- Arguments: Arguments can be resolved and both people feel heard and respected. Knowing it is okay to disagree.

- Trust: Understanding that the other person cares for them and is in the relationship voluntarily.

- Responsibility: Responsibility for individual actions and behaviors. Not making excuses and admitting when you’re wrong.

- Growth: Feeling like you can explore dreams and have interests outside of the relationship.
• Security: Feeling that you both work together to make the relationship good for both of you.

• Respect: Acceptance of each others opinions and the ability to move on if the relationship ends.

• Happiness: Confusion and sadness a lot of the time. Feeling like things are out of control.

Unhealthy Relationships Have…

• Communication: Manipulation, guilt or threats to communicate needs and feelings.

• Other Relationships: A feeling of isolation, controlling who ones sees or spends time with.

• Boundaries: Lack of boundaries or disregard for boundaries.

• Arguments: Arguments that end in screaming, hitting, pushing, throwing of objects, destroying gifts, rape or threats.

• Trust: Constant checking on the other person and invading their space.

• Responsibility: Making excuses or blaming others for behaviors or actions. Acting like abuse is okay in a relationship by making jokes and minimizing the abuse.

• Growth: A feeling of being stifled, trapped, and stagnant.

• Security: Fear of the other person or not knowing what to expect. Feeling like they never understand you.

• Respect: Criticism of each others opinions and an inability to let go when the relationship is over.

• Happiness: Confusion and sadness a lot of the time. Feeling like things are out of control.