

Signs of a Healthy Relationship

- ✓ **Trust**
 - Confidence that your partner won't do anything to hurt you or ruin the relationship
 - In a healthy relationship, trust comes easily and you don't have to question your partner's intentions or whether they have your back
 - Each partner respects privacy and would never put their partner through a "test" to prove loyalty
- ✓ **Honesty**
 - Each partner can be truthful and candid without fearing how their partner will respond
 - In a healthy relationship, you should feel like you can share the full truth about your life and feelings with each other – you will never have to hide things
 - Your partner may not always like what you have to say, but will respond to disappointing news in a kind and considerate way
- ✓ **Comfortable Pace**
 - The relationship moves at a speed that feels enjoyable for each person
 - It's normal to want to spend a lot of time with someone when you first meet them, but it's important that all partners are on the same page with how the relationship is moving
 - In a healthy relationship, you're not rushed or pressured in a way that makes you feel overwhelmed
- ✓ **Independence**
 - There is space to be yourself outside of the relationship
 - Each partner is supportive of their individual hobbies and relationships with others
 - Having independence means being free to do you and giving your partner that same freedom
- ✓ **Kindness**
 - Caring and empathetic to one another. Provide comfort and support
 - Kindness should be a two-way street. It is both given and returned in a relationship
- ✓ **Taking Responsibility**
 - Owning your actions and words
 - Avoid placing blame and are able to admit when you make a mistake
 - Take ownership for the impact your words or behavior had, even if it wasn't your intention
- ✓ **Respect**
 - Value one another's beliefs and opinions, and love one another for who they are
 - Comfort setting boundaries and are confident that the your partner will respect them
- ✓ **Equality**
 - The relationship feels balanced and everyone puts the same effort into the success of the relationship
 - You don't let one person's preferences and opinions dominate, and instead, you hear each other out and make compromises when you don't want the same thing
 - You feel like your needs, wishes and interests are just as important as the other person's
- ✓ **Fun**
 - A healthy relationship should feel easy
 - The relationship doesn't bring your mood down but cheers you up
 - No relationship is fun 100% of the time, but the good times definitely outweigh the bad
- ✓ **Healthy Conflict**
 - Openly and respectfully discuss issues and confront disagreements in a non-judgmental way.
 - Conflict is a normal and expected part of any relationship. Everyone has disagreements, and that's OK!
 - Recognizing the root issue and addressing it respectfully before it escalated into something bigger. You should feel safe disagreeing with your partner.

Signs of an Unhealthy Relationship

- × **Intensity**
 - When someone expresses extreme feelings & over-the-top behavior that feels overwhelming
 - Feeling like someone is rushing the pace of the relationship (comes on too strong, too fast) and seems obsessive about wanting to see you and be in constant contact
- × **Possessiveness**
 - When someone is jealous to a point where they try to control who you spend time with and what you do
 - Often excused as being overprotective or having really strong feelings for someone
- × **Belittling**
 - Doing or saying things to make their feel bad about themselves
 - Over time, this can make their partner lose confidence in themselves or their abilities
- × **Isolation**
 - This behavior often starts slowly with someone asking you to spend more 1:1 time with them but can later escalate
 - Often, they will ask their partner to choose between them and their friends or make their partner question their own judgment of friends and family
 - They may feeling dependent on their partner for love, money, or acceptance
- × **Sabotage**
 - Purposely ruining reputation, achievements, or success
 - Keeping their partner from doing things that are important to them
- × **Volatility**
 - When someone has a really strong, unpredictable reaction that makes their partner feel scared, confused, or intimidated
 - A volatile person makes their feel like as though they need to walk on eggshells
 - A relationship with them might feel like a rollercoaster that contains extreme ups & downs
- × **Deflecting Responsibility**
 - When someone repeatedly makes excuses for their unhealthy behavior. They may blame you or other people for their own actions. Often, this includes making excuses based on alcohol or drug use, mental health issues or past experiences (like a cheating ex or divorced parents)
- × **Manipulation**
 - Controlling decisions, actions or emotions
 - Often hard to spot, because it can be expressed in subtle or passive-aggressive ways
 - If someone is trying to convince their partner to do things they don't feel comfortable doing, ignores their partner until they get their way, or tries to influence their feelings
- × **Betrayal**
 - When someone is disloyal or acts in an intentionally dishonest way
 - They may act like a different person around other people or share private information about their partner to others
 - Includes lying, purposely leaving their partner out, being two-faced, or cheating
- × **Guilting**
 - When someone makes you feel responsible for their actions or makes you feel like it's your job to keep them happy
 - They may blame you for things that are out of your control and make you feel bad for them
 - They might also pressure you to do something that you're not comfortable with by claiming that it's important to them or that it'll hurt their feelings if you don't do it