

How Healthy is my Relationship?

Healthy

My relationship is based on equality and respect.

- Respect
- Good communication
- Trust & Support
- Honesty & Accountability
- Equality
- Shared responsibility
- Negotiation & Fairness
- Individuality within the relationship

Unhealthy

My relationship is based on attempts to control.

- Pressure
- Limited or missed communication or no communication at all
- Struggles for control
- Dishonesty
- Inconsiderate behavior
- Ignoring partners boundaries or pushing boundaries
- Disrespectful
- Excessive contact (phone calls, texts, etc.)

Abusive

My relationship is based on an imbalance of power & control.

- Accusations
- Denying or making excuses for unhealthy behaviors
- Blame shifting
- Possessive and/or controlling behaviors
- Manipulation
- Isolation
- Jealousy