

# The Relationship Spectrum

## Healthy

- **Healthy Communication**  
Problems are discussed calmly and openly. Each partner listens to the other, respects the other's opinions, and is willing to compromise.
- **Respect**  
Each partner values the other.
- **Trust**  
Mutual trust that has been earned by each partner.
- **Honesty**  
Both partners in the relationship are honest with one another but can still keep things to themselves.
- **Equality**  
Partners make decisions together and hold each other to the same standards.
- **Individuality**  
Each partner enjoys spending time apart and respects when the other voices a need for space.

## Unhealthy

- **Poor Communication**  
Problems are discussed only occasionally or not at all. Partners do not listen to each other and are not willing to compromise.
- **Inconsiderate Behavior**  
One or both partners are inconsiderate toward the other and don't show the other they care.
- **Lack of Trust**  
There may be suspicion about what one partner is doing behind the others back or is suspicious of their partner's loyalty.
- **Dishonesty**  
One or both partners lie to the other.
- **Struggle for control**  
One or both partners view their needs and/or decisions as more important and is focused on getting their own way.
- **Lack of Individuality**  
Partners spend so much time together that one partner feels uncomfortable. Or, partners spend so much time together that they ignore friends or family and other important things.

## Abusive

- **Harmful Communication**  
During arguments, there is screaming, cussing, or threats; this may happen outside of an argument as well.
- **Disrespect**  
One partner intentionally or continuously disregards their partner's feelings and/or physical safety.
- **Accusations & Blame**  
A partner suspects flirting or cheating without reason and makes accusations.
- **Lack of responsibility**  
The physically or verbally controlling partner denies and/or minimizes their actions. They blame their partner for the harm that they are causing.
- **Control**  
One partner makes all decisions in the relationship. If the other partner challenges the decisions, there may be an increase in abusive behavior.
- **Isolation**  
One partner controls where the other goes and who they talk to and see. The other partner has no personal space and is isolated from their support system.

**Did you know...** All relationships exist on a spectrum.

**Healthy Relationships** are based on equality and respect. **Unhealthy Relationships** are based on attempts to control the other person.

**Abusive Relationships** are based on an imbalance of power and control.