

10 Signs of Healthy Relationship

Healthy relationships bring out the best in you and make you feel good about yourself. A healthy relationship does not mean a "perfect" relationship, and no one is healthy 100% of the time, but the signs below are behaviors you should strive for in all of your relationships.

Healthy relationships manifest themselves as healthy communication, but in order to have a healthy relationship, you need to love yourself first. Here are some characteristics and behaviors of a healthy relationship.



Comfortable Pace
The relationship moves at a speed that feels enjoyable for each person.



Trust

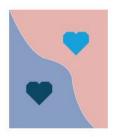
Confidence that your partner won't do anything to hurt you or ruin the relationship.



Honesty You can be truthful and candid without fearing how the other person will respond.



Independence
You have space to be yourself
outside of the relationship.



Respect
You value one another's
beliefs and opinions, and love
one another for who you are
as a person.



Equality
The relationship feels
balanced and everyone puts
the same effort into the
success of the relationship.



Kindness You are caring and empathetic to one another, and provide comfort and support.



Taking Responsibility
Owning your own actions
and words.



Healthy Conflict

Openly and respectfully discussing issues and confronting disagreements non-judgmentally.



Fun
You enjoy spending time
together and bring out the
best in each other.

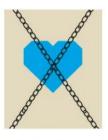


10 Signs of Unhealthy Relationship

While everyone does unhealthy things sometimes, we can all learn to love better by recognizing unhealthy signs and shifting to healthy behaviors. If you are seeing unhealthy signs in your relationship, it's important to not ignore them and understand they can escalate to abuse. If you think you are in a dangerous situation, trust your gut and get help.



Intensity
When someone expresses
very extreme feelings and
over-the top behavior that
feels overwhelming.



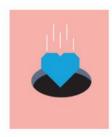
Possessiveness
When someone is jealous
to a point where they
try to control who you spend
time with and what you do.



Manipulation
When someone tries to control your decisions, actions or emotions.



Isolation
When someone keeps you away from friends, family, or other people.



Sabotage When someone purposely ruins your reputation, achievements, or success.



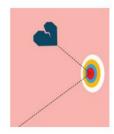
Belittling
When someone does and says
things to make you feel bad
about yourself.



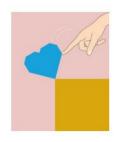
Guilting
When someone makes you feel responsible for their actions or makes you feel like it's your job to keep them happy.



Volatility
When someone has a really strong, unpredictable reaction that makes you feel scared, confused or intimidated.



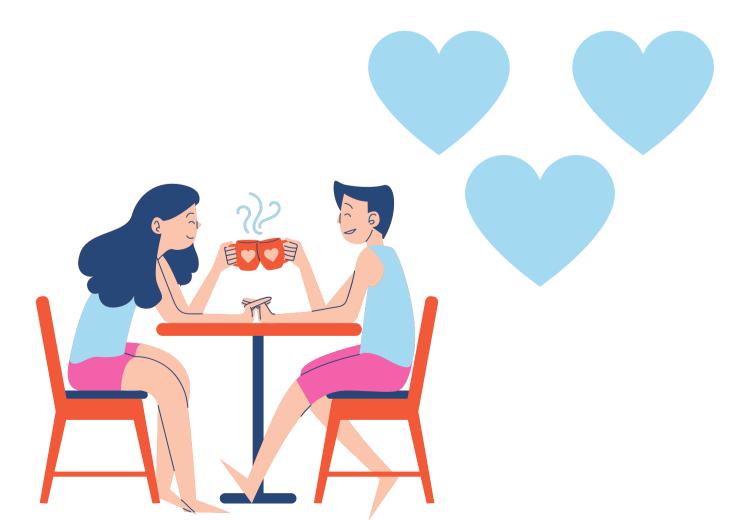
Deflecting Responsibility When someone repeatedly makes excuses for their unhealthy behavior.



Betrayal When someone is disloyal or acts in an intentionally dishonest way.

#TalkAboutItTUESDAY

Healthy Relationships





Importance of Communication

- Key to healthy relationship
- Set boundaries (physical and emotional)
- Think about what you want out of the relationship and communicate that with the other person (make sure all parties are on the same page)
- Everyone's communication style is different, so make sure you know the other's communication style and how they like to be talked to and treated in certain situations as well as your own

