

Healthy and Unhealthy Relationships



Characteristics of HEALTHY Relationships

Characteristics of UNHEALTHY Relationships

Loving and taking care of yourself, before and while in a relationship	Caring and focusing only for other people while neglecting yourself, or neglecting others to care only for yourself
Respecting individuality, embracing differences, and allowing each person to “be themselves”	Feeling pressure to change to please someone, afraid to disagree, or pressuring someone to change themselves and being overly critical of them
Doing things with friends and family, and having activities independent of each other	Justifying what you do, where you go, and whom you see, not having any separate activities
Discussing things, allowing for differences of opinion, and compromising equally	Making all decisions individually, without allowing for the other person’s input or adjusting for their needs
Expressing and listening to each other’s feelings, needs, and desires	Feeling unheard and unable to communicate; not listening to others
Trusting and being honest with yourself and each other	Lying to each other, or making excuses for the other person or to them
Respecting each other’s need for privacy	Not having any personal space, feeling forced to share everything or forcing others to share everything
Sharing sexual histories and sexual health status with your partner	Hiding sexual histories from each other, not disclosing sexual health status
Practicing safer sex methods	Feeling scared of asking your partner to use protection, or refusing your partner’s requests for safer sex methods
Respecting sexual boundaries and being able to say no to sex	Forcing or coercing someone to have sex, or feeling forced or coerced into sex
Resolving conflicts in a rational, peaceful, and mutually agreed upon way	Yelling, hitting, shoving, throwing things at each other during arguments, refusing to resolve conflicts through compromise
Having room for positive growth and learning more about each other as you develop and mature	Feeling stifled, trapped, or stagnant, and unable to escape the pressure of the relationship