

10 SIGNS OF A 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.



Comfortable Pace

Your relationship moves at a speed that feels enjoyable for each person.



Trust

You have 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 and have your own life outside of the relationship.



Respect

You value each other's beliefs and opinions, and love each other for who you are.



Equality

Your relationship feels balanced; you and your partner put the same effort into the relationship.



Kindness

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



Taking Responsibility

You and your partner both own your actions and words. You don't blame each other wrongfully.



Healthy Conflict

You can openly and respectfully discuss issues and manage disagreements non-judgmentally.



Fun

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

10 SIGNS OF AN 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.



Intensity

Your partner expresses very extreme feelings and behavior that feels overwhelming.



Possessiveness

Your partner is jealous to a point where they try to control who you spend time with and what you do.



Manipulation

Your partner tries to control your decisions, actions or emotions through guilt or coercion.



Isolation

Your partner keeps you away from friends, family, or other people.



Sabotage

Your partner purposely ruins your reputation, achievements, or success.



Belittling

Your partner does and says things to make you feel bad about yourself.



Guilt

Your partner blames you for their actions or makes you feel like it's your job to keep them happy.



Volatility

Your partner reacts in strong, unpredictable ways that scare, confuse, or intimidate you.



Deflecting Responsibility

Your partner repeatedly makes excuses for their unhealthy behavior.



Betrayal

Your partner is disloyal or acts in an intentionally dishonest way.

If you think you are in an abusive relationship, you can call or text 888-774-2900 at any hour to speak to a trained advocate who will listen.