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.

Learn more about teen dating relationships at intervalhousect.org/teen-dating
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.

**Guilting**
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.*