



## Healthy and Unhealthy Relationship Behavior

### HEALTHY

Cooperative  
Honest  
Self-respecting  
Respecting others  
Trusting  
Responsible  
Able to express emotions  
Sincere  
Sensitive  
Patient  
Understanding  
Supportive  
Forgiving  
Humble  
Loyal  
Humorous  
Empathic  
Communicative  
Compassionate  
Disciplined  
Dependable  
Unconditionally loving  
Affectionate  
Creative  
Spiritual  
Accepting  
Fun  
Kind  
Caring  
Considerate  
Happy  
Content  
Emotionally balanced

### UNHEALTHY

Untrusting  
Felling continuous guilt  
Lying  
Impatient  
Chronically irresponsible  
Needing perfection  
Afraid to depend on others  
Needing to be in control  
Can't accept praise  
Overachieving or underachieving  
Abusive  
Poor self-image  
Unforgiving  
Compulsive  
Needing to be right  
Caught up in denial  
Jealous  
Envious  
Afraid of conflict  
Needing chaos (chaos junkie)  
Fear of feeling emotions  
Frequently depressed  
Afraid of intimacy  
Being possessive  
Repetitive relationships  
Unable to control anger  
Unable to relax and have fun  
Self-centered  
Disrespectful  
Fear of appearing incompetent  
Conditional love  
Blame  
Shame  
Guilt