



SIGNS OF HEALTHY & UNHEALTHY RELATIONSHIPS

SIGNS OF A HEALTHY RELATIONSHIP

- * You enjoy being with the other person.
- * You feel good about yourself when you are with this person
- * You are able to be yourself without feeling as though you have to act like someone else.
- * You feel secure and trusting because the person has earned your trust.
- * You can continue to grow and reach personal goals.
- * The other person respects your personal values and desires.
- * The other person respects your wishes to do, or not do, things.
- * You feel your relationship needs are being met.
- * You are both able to communicate in a way that meets the other's needs.
- * You both have similar expectations (same wants) from the relationship.

SIGNS OF AN UNHEALTHY RELATIONSHIP

- * You don't enjoy being with the other person.
- * You feel inferior, guilty, or worthless when you are with this person.
- * You feel as though you have to put on an act to impress this person and keep this person interested in you.
- * The other person puts you in situations that create stress or risks in your life.
- * Your physical, mental, and emotional health needs are ignored or placed at risk.
- * The other person attempts to use guilt or anger to manipulate you into doing things.
- * You do not feel as though your relationship needs are being met.
- * One or both of you fail to communicate in a way that meets the other's needs.
- * You both want different things from the relationship.