

The Importance of Recognizing Healthy and Unhealthy Relationships

Our instincts can tell us a lot about if we feel safe or not in our relationships. When you're in a healthy relationship you tend to feel happier, good about yourself, secure and safe. In an unhealthy relationship you may feel like you have to watch what you say, you might feel anxious, you might not prioritize yourself, you might even start to feel poorly about yourself. We must remember that no relationship is one hundred percent healthy or unhealthy all the time, but healthy relationships will strive for healthy behaviors, while an unhealthy relationship will not.

Healthy relationships have:

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|-------------------|----------------------|
| Respect | Independence |
| Support | Honesty |
| Equality | Communication |
| Boundaries | Kindness |
| Trust | Safety |

Unhealthy relationships have:

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| Insults | Jealousy |
| Guilt | Isolation |
| Inequality | Blame |
| Pressure | Lying |
| Manipulation | Fear |

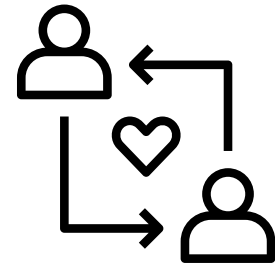
Relationship Red Flags

- Putting you down or calling you names
- Telling you what you can and cannot do
- Needing to know where you are at all times
- Preventing you from spending time with other friends or family
- Social media is a source of jealousy or stalking
- Monitoring your phone
- Having an explosive or uncontrollable temper
- Threatening or intimidating you
- Breaking or destroying your possessions
- Constantly texting or calling you
- Forcing you to preform sexual acts that you aren't comfortable with



Traits of a Healthy Relationship

- Spending time together and separately
- Doing things that make you both feel loved and appreciated
- Feeling supported even when you disagree with each other
- Respecting each other's privacy and boundaries
- Encouraging one another in school and work
- Open and honest communication



Do You Think Your Relationship is Unhealthy?

If you think your relationship may be unhealthy, talk to someone you trust, like a friend or family member about what's going on. You are not alone and you are never to blame for your partner's unhealthy or abusive behaviors. Nothing you have done deserves to be treated in a harmful way by your partner. Remember, there is never an excuse for abuse. Consider reaching out to an expert to ask about things you can do to improve your safety, counseling options, your legal rights, or even how to break up safely.

Resources

Hotline Resources

Heartly House Inc.
24/7 Hotline: 301-662-8800
heartlyhouse.org

The National Domestic Violence Hotline

24-Hour Hotline: 1-800-799-7233
www.thehotline.org

RAINN

24-Hour Hotline: 1-800-656-4673
www.rainn.org

Online Resources

Break the Cycle
www.breakthecycle.org

Love Is Respect
www.loveisrespect.org

Futures Without Violence
www.thatsnotcool.org

One Love Foundation
www.joinonelove.org