10 UNHEALTHY

JEALOUSY
Jealousy becomes unhealthy when someone lashes out or tries to control you because of it. • Partner(s) gets upset when you text/hang out with people they feel threatened by • Accusing you of flirting or cheating • Being possessive over you or even going so far as to stalk you.

BELITTLING
Making you feel bad about yourself, especially in an attempt to hold power over you. • Name calling • Making rude remarks about who you hang out with, your family or what you look like • Saying things like “Chill, it’s just a joke.”

INTENSITY
Having really extreme feelings or over-the-top behavior that feels like too much. • Rushing the pace of a relationship • Always “checking in” on you • Also known as obsession.

MANIPULATION
When a partner(s) tries to influence your decisions, actions or emotions against your will or better judgement • Convincing you to do things you wouldn’t normally feel comfortable with • Ignoring you until they get their way • Using gifts and apologies to influence your decisions or get back in your good graces.

GUILTING
Making you feel guilty or responsible for their own actions. • Making you feel responsible for their happiness • Making you feel like everything is your fault • Threatening to hurt themselves or others if you don’t do as they say or stay with them • Pressuring to have sex.

VOLATILITY
Unpredictable overreactions that make you feel like you need to walk on eggshells around them or keep them from lashing out. • Mood swings • Losing control of themselves by getting violent or yelling, threatening to hurt you or destroy things • Making you feel afraid of them.

DEFLECTING RESPONSIBILITY
Making excuses for their behavior. • Blaming you, other people or past experiences for their actions • Using alcohol or drugs as an excuse • Using mental health issues or past experiences (like a cheating ex or divorced parents) as a reason for unhealthy behavior.

ISOLATION
Keeping you away from friends, family, or other people. • Partner(s) makes you choose between them and others • Gets angry if you spend time with others • Making you question your judgement • Making you feel dependent on them.

SABOTAGE
Purposefully ruining your reputation, achievements or success in order to gain power or influence you. • Making you miss work/school/practice • “Distracting” you from getting work done • Threatening to share private information.

BETRAYAL
When your partner(s) acts differently with you versus how they act when you’re not around. • Lying to you • PURPOSELY leaving you out or not telling you things • Being two-faced • Acting differently around friends and others.

for more information on healthy relationships, visit joinonelove.org.

10 HEALTHY

COMFORTABLE PACE
You and your partner(s) allow the relationship to happen at a pace that feels comfortable for both of you. • Mutual decisions in taking steps such as sex • Moving in • Meeting family and friends • Going on trips together • Getting a pet.

COMPASSION
Feeling a sense of care and concern from your partner(s) and knowing that they will be there to support you, too. • Your partner(s) is kind to you • They ask what you need in tough times • They offer a helping hand in times of need.

TRUST
Believing your partner(s) won’t do anything to hurt you or ruin the relationship. • When your partner(s) is comfortable when you do things alone • Has faith that you won’t cheat on them • Respects your privacy online and in person • No pressure from partner to “earn” trust.

COMMUNICATION
If you can talk to your partner(s) about anything—the good and the bad—this is a sign of a healthy relationship. • When you feel like your partner(s) will listen to you when you need to talk • They are open to processing and taking breaks • When you don’t feel judged for your words or opinions.

EQUALITY
You and your partner(s) have the same say and put equal effort into the relationship. • Feeling like you are heard in your relationship • Feeling comfortable speaking up • Making decisions together • Mutual compromises • Asking each other’s feelings and needs.

TAKING RESPONSIBILITY
You and your partner(s) are both responsible for your own actions and words. • Avoid putting blame on each other • Your partner(s) genuinely apologizes for their mistakes • They avoid taking things out on you • They try to make positive changes to better your relationship.

RESPECT
If respect is present in your relationship, your partner will value your beliefs, opinions and who you are as a person. • Supporting your hard work and dreams • Not trying to push or overstep your boundaries • Sticking up for you.

HONESTY
Being truthful and open with your partner(s). In a healthy relationship, you can talk to your partner(s) without fearing how they’ll respond or if you’ll be judged • Good communication about what you each want and expect • Never feeling like you have to hide who you talk to or hang out with from each other.

INDEPENDENCE
Having space and freedom in your relationship to be you and do you. • When your partner(s) supports you having friends and a life outside of your relationship • Relationship isn’t always the most important thing • Not attached at the hip.

LOYALTY
When your partner(s) is reliable and you feel confident that they have your back. • When your partner(s) is respectful and faithful • Sticks up for you • Doesn’t take sides against you • Helps you see the middle ground • Respects your privacy.

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