

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

Purposely 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.

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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 eachother'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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