

Healthy Relationships Vs. Unhealthy Relationships

Healthy Relationship

Unhealthy Relationship

RESPECT	Mutual understanding and caring for the other person's thoughts or feelings	JEALOUSY	Mistrust, suspicions, insecurity and fear
RESPONSIBILITY	Ownership of what happens in the relationship	POSSESSIVENESS	Disallowing the person to spend time with others, controlling who they speak to and when
HARD WORK	Working together to make the relationship as healthy as possible	PAIN	Can be emotional, physical, psychic pain
ENJOYMENT	Enjoying the company of one another and the things you do together	VIOLENCE	Behaviour involving physical force or verbal abuse
CARING	A concern for the well being of another	OBSESSION	The need to be constantly in the presence of the other, or needing to know all of the details of what they did without you
HONESTY	Truthful to each other	SELFISHNESS	Having to have your own way all of the time, always needing to win
TRUST	Believing that the other person is committed to the relationship	CRUELTY	Intentional meanness with the aim of hurting another, either physically or emotionally
COMMUNICATION	Lines of communication are always open, and both are free to discuss their feelings	INTIMIDATION/FEAR	Intentionally using threats to control the actions of another
SHARING	Discussion of information, thoughts, feelings, & opinions.	DEPENDANCY	Feelings of being unable to live or survive without the other person
COMPROMISING	Coming up with a solution that is mutually satisfying	GIVING UP	One person stops doing the things he/she enjoys doing to keep the other happy
CLOSENESS	Feeling connected to the other person	MANIPULATION	Controlling what happens to get one's way