

Healthy vs. Unhealthy Relationships

Loving and taking care of yourself, before and while in a relationship.

You care for and focus on another person only and neglect yourself or you focus only on yourself and neglect the other person.

Respecting individuality, embracing differences, and allowing each person to “be themselves.”

You feel pressure to change to meet the other person’s standards. You are afraid to disagree because your ideas or criticized. Or, you pressure the other person to meet your standards and criticize his/her ideas.

Doing things with friends and family and having activities independent of each other.

One of you has to justify what you do, where you go, and who you see.

Discussing things, allowing for differences of opinion, and compromising equally.

One of you makes all the decisions and controls everything without listening to the other’s input.

Expressing and listening to each other’s feelings, needs and desires.

One of you feels unheard and is unable to communicate what you want.

Trusting and being honest with yourself and each other.

You lie to each other and find yourself making excuses for the other person or to them.

Respecting each other’s need for privacy.

You don’t have any personal space and have to share everything with the other person.

Sharing sexual histories and sexual health status with a partner.

Your partner keeps his/her sexual history a secret or hides a sexually-transmitted infection from you or you do not disclose your history to your partner.

Practicing safer sex methods.

You feel scared of asking your partner to use protection or s/he has refused your requests for safer sex.

Respecting sexual boundaries and being able to say “no” to sex.

Your partner has forced you to have sex or to have sex when you don’t want to.

Resolving conflicts in a rational, peaceful, and mutually-agreed upon way.

Or you have coerced your partner. One of you yells and hits, shoves or throws things at the other in an argument.

There is room for positive growth, and you learn more about each other as you develop and mature.

You feel stifled, trapped, and stagnant. You are unable to escape the pressures of the relationship.

www.advocatesforyouth.org/youth/health/relationships/healthy.htm

**If you would like to talk
with a counselor, call the
Counseling Center at
(336) 316-2163.**
