



Healthy Relationships

Signs of a Healthy Relationship	Signs of a Unhealthy Relationship
<ul style="list-style-type: none">• Have fun together more often than not• Spend time separately as well as together• Always feel safe with each other• Support each other• Always treat each other with respect• Solve conflicts• Apologize when wrong• Identities separate from each other• Always honest with each other• Trust each other• Listen to each other• Can count on each other• Set Healthy Boundaries• Communicate with each other	<ul style="list-style-type: none">• Jealous of each other• Put each other down• Doesn't take each other seriously• Criticizing each other• Telling each other what to do• Feel pressured by each other• Physically/Emotionally hurting each other• Blaming each other• Break promises• Ignore or withhold attention to punish each other• Controlling or possessive• Depending on each other as only source of support• Making threats• Fighting more than getting along