

# HEALTHY RELATIONSHIPS

## HOW DO I KNOW IF I AM IN A HEALTHY RELATIONSHIP?

### HEALTHY RELATIONSHIPS

- Communicate effectively
- Respectful toward one another
- Trustful and trusting
- Honest communication
- Equal partners
- Enjoy personal time away from one another
- Mutual decision making
- Economic and financial partners

### UNHEALTHY RELATIONSHIPS

- Don't communicate or communicate poorly
- Disrespectful: mocking or ignoring one's thoughts/needs
- Not trusting
- Dishonest
- Are controlling: limiting access to friends, finances, or personal choices
- Only spending time together

### ABUSIVE RELATIONSHIPS

- Communicate in a hurtful or threatening way
- Cause physical pain or injury
- Use words or actions that make one feel worthless, isolated, scared
- Threaten
- Are controlling: taking away freedom to make choices
- Isolate their partner from others



You are not alone. If you are in abusive relationship or need help leaving your relationship, contact:

**National Domestic Violence Hotline**

☎ 1-800-799-7233

[www.thehotline.org](http://www.thehotline.org)

# HEALTHY RELATIONSHIPS

## TIPS FOR HEALTHY RELATIONSHIPS

### THEY START WITH CONSENT

Consent is clear, voluntary, and enthusiastic agreement to participate in intimate or sexual activities. Examples of intimate or sexual activities can include touching, hugging, kissing, and sexual intercourse. Boundaries are established and respected so each partner feels safe.

### THEY ALLOW PARTNERS TO ENJOY QUALITY TIME TOGETHER & HAVE INDEPENDENCE

Partners enjoy time with one another and find engaging shared activities and they also honor and respect each other's own identity, friendships and hobbies.

### THEY USE POSITIVE AND HEALTHY COMMUNICATION

Healthy communication involves partners sharing and listening without interruption, defensiveness, or blame. It involves being honest and open, empathetic, and understanding toward each other.

#### TIPS FOR HEALTHY COMMUNICATION



Use "I" statements to share emotions and needs. For example, "I feel frustrated when interrupted because it makes it seem like my perspective doesn't matter."



Use active listening skills. This means be fully present to hear what your partner is saying. Demonstrate understanding by paraphrasing what you heard and ask clarifying questions if needed.



Try to understand your partner's emotions and perspectives even if you don't agree with them.



Engage in constructive problem solving. Try to solve only one problem at a time, work together respectfully, and be willing to compromise.



Use positive nonverbal behaviors, such as eye contact, open body language, and understanding facial expressions.

*Relationships are more likely to thrive when individuals seek support and treatment for mental health.*



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