WHAT DOES A HEALTHY RELATIONSHIP LOOK LIKE?

HEALTHY:

-YOU FEEL RESPECTED AND LISTENED TO

-TRUST GOES BOTH WAYS

-YOU CAN BE YOURSELF WITHOUT FEAR

-CONFLICTS ARE SOLVED WITH CALM CONVERSATIONS

-BOTH PEOPLE HAVE FRIENDSHIPS AND INTERESTS OUTSIDE THE RELATIONSHIP

UNHEALTHY:

-YOU FEEL PUT DOWN, INSULTED, OR PRESSURED

-ONE PERSON TRIES TO CONTROL THE OTHER'S TIME, FRIENDS, OR CHOICES

-JEALOUSY IS PRESENT

-FEAR, GUILT, OR THREATS ARE USED TO "KEEP" THE RELATIONSHIP

-YOU FEEL ISOLATED OR UNSAFE SHARING YOUR THOUGHTS

24/7 CONFIDENTIAL SUPPORT:

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