

relationships

healthy

- open communication
- quality time together
- shared values
- mutual respect
- realistic expectations
- ongoing support
- strong sense of trust
- making shared decisions
- feeling safe
- accepting each other
- having fun
- healthy boundaries
- mutual affection
- enjoying spending time apart too
- respectful disagreements
- inspiring each other to be better

unhealthy

- guilt trips
- withholding affection
- isolating you from family and friends
- using money to control
- unreasonable jealousy
- ignoring/excluding you
- refusing to communicate
- constant put downs
- humiliation
- saying 'if you love me, you will.....'
- threats, intimidation, manipulation
- blaming you
- lying and cheating
- violence or threats of it
- always criticizing you

