

# How Healthy Is My Relationship?

*Below are two lists, one of healthy relationship characteristics and one of unhealthy traits. Many relationships have a combination of both. The point of the exercise is to figure out what things in your relationship are healthy or unhealthy, so you can gain appreciation for the best things and decide what you want to change. Read both lists and check mark every statement that is true about your relationship(s).*

## Is it Healthy?

*Check if you **and** the person...*

- Have fun more often than not
- Each enjoy spending time separately, with your own friends, as well as with each other's friends
- Always feel safe around
- Trust each other
- Respect each other's opinions, even when they are different
- Solve conflict without putting each other down, cursing at each other or making threats
- Both accept responsibility for your actions
- Both apologize when you are wrong
- Have equal decision-making power about what you do in your relationship
- Encourage each other's interests
- Have privacy- cell phone, text messages are respected as your own
- Have close friends & family who like the other person and are happy about your relationship
- Allow each other "space" if you need it
- Always treat each other with respect

## Is it Un-Healthy?

*Check if one of you...*

- Yells at and treats the other like a child
- Gets extremely jealous or accuses the other of cheating
- Puts the other down by calling names, cursing or making the other feel bad about themselves
- Doesn't listen when the other talks
- Frequently criticizes the other's friends or family
- Has ever threatened to hurt the other or hurt themselves if they leave
- Cheats or threatens to cheat
- Tells the other how to dress
- Makes all of the decisions about what the two of you do
- Tries to make the other feel crazy or play mind games
- Embarrasses or humiliates the other
- Has ever grabbed, pushed, hit or physically hurt the other
- Ignores or withholds affection as a way of punishing the other
- Depends completely on the other to meet social or emotional needs