

Some Healthy Characteristics in Relationships

- **Caring:** Partners care for or love each other and profess that caring openly.
- **Friendship:** Partners are friends first and have fun together.
- **Acceptance:** Partners accept each other as they are and as they grow.
- **Open communication:** Partners listen to each other actively and say what's on their minds.
- **Trust:** Partners trust each other and are trustworthy.
- **Equity:** Partners share decision making, and neither partner holds an undue amount of power in the relationship.
- **Safety:** Partners respect each other's boundaries and resolve conflicts without violence.
- **Mutual support:** Partners support each other's goals and values.

Some Unhealthy Characteristics in Relationships

- A partner frequently **lies, cheats, or gets jealous.**
- One partner has significantly more **power** in the relationship than the other.
- A person **misuses alcohol or drugs** and **pressures their partner** to, as well.
- A person feels **incomplete without a partner.**
- What one partner likes best about the relationship is **what a person does for them**, such as giving them money or gifts.
- A partner is **mean, rude, disrespectful, etc.**
- A person **hits, slaps, shoves, punches, or otherwise physically abuses** their partner.
- A person **feels drained, nervous, anxious, or unsure of themselves** around a partner.
- A person **feels controlled, threatened, isolated, or put down** by a partner.
- A person **doesn't acknowledge** their **partner or their relationship** openly.
- A person is so wrapped up in the relationship that they have **no energy for schoolwork, job, hobbies, friends, or family.**
- Partners argue a lot, and even when they talk about how to deal with a conflict, it keeps happening again and again.
- A **little voice** inside says, "Uh oh—things aren't right here."

All relationships take work and need nurturing. However, abuse is never OK, and it never is the victim's fault. Every person is responsible for their own actions.