

# Three Types of Relationships

## HEALTHY IS...

- Trusting your partner to spend time with attractive others
- Listening to each other
- Knowing it's okay to disagree
- Making decisions together and valuing both opinions
- Supporting each other's dreams and decisions
- Feeling okay doing things separately
- Considering the other's feelings before you say or do things
- Accepting the other for who they are – not wishing that would change
- Letting the other be first sometimes
- Respecting each other's cultures

## UNHEALTHY IS...

- Believing one sex has more rights than the other
- Getting easily angered
- Using the silent treatment
- Yelling when you are angry
- Manipulating to get what you want
- Not valuing or listening to the other's opinions
- Minimizing things that are important to the other
- Not keeping the other's secrets
- Being kinder when you're alone than with friends

## ABUSIVE IS...

- Controlling the other's activities and relationships
- Putting the other down
- Forcing sexual touching or intercourse
- Intimidating by threatening, hitting, or destroying property
- Forcing alcohol or drugs
- Putting down family and friends
- Being extremely jealous or possessive
- Fearing a violent reaction from the other
- Blaming you for their violence
- Promising not to hit again