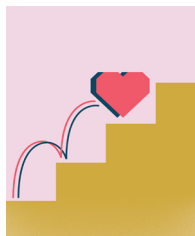




## 10 Signs of Healthy Relationship

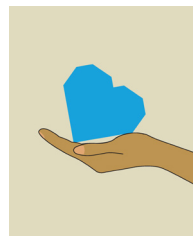
Healthy relationships bring out the best in you and make you feel good about yourself. A healthy relationship does not mean a "perfect" relationship, and no one is healthy 100% of the time, but the signs below are behaviors you should strive for in all of your relationships.

Healthy relationships manifest themselves as healthy communication, but in order to have a healthy relationship, you need to love yourself first. Here are some characteristics and behaviors of a healthy relationship.



### Comfortable Pace

The relationship moves at a speed that feels enjoyable for each person.



### Trust

Confidence that your partner won't do anything to hurt you or ruin the relationship.



### Honesty

You can be truthful and candid without fearing how the other person will respond.



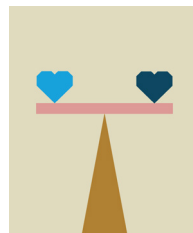
### Independence

You have space to be yourself outside of the relationship.



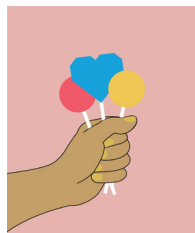
### Respect

You value one another's beliefs and opinions, and love one another for who you are as a person.



### Equality

The relationship feels balanced and everyone puts the same effort into the success of the relationship.



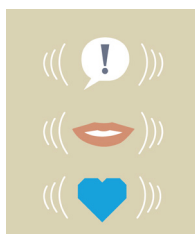
### Kindness

You are caring and empathetic to one another, and provide comfort and support.



### Taking Responsibility

Owning your own actions and words.



### Healthy Conflict

Openly and respectfully discussing issues and confronting disagreements non-judgmentally.



### Fun

You enjoy spending time together and bring out the best in each other.



## 10 Signs of Unhealthy Relationship

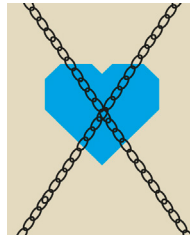
While everyone does unhealthy things sometimes, we can all learn to love better by recognizing unhealthy signs and shifting to healthy behaviors. If you are seeing unhealthy signs in your relationship, it's important to not ignore them and understand they can escalate to abuse.

If you think you are in a dangerous situation, trust your gut and get help.



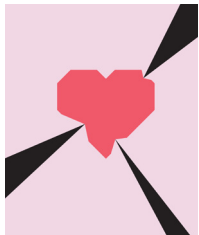
### Intensity

When someone expresses very extreme feelings and over-the-top behavior that feels overwhelming.



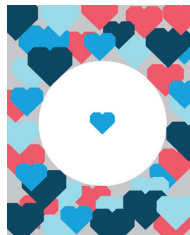
### Possessiveness

When someone is jealous to a point where they try to control who you spend time with and what you do.



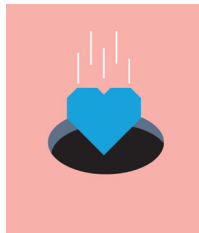
### Manipulation

When someone tries to control your decisions, actions or emotions.



### Isolation

When someone keeps you away from friends, family, or other people.



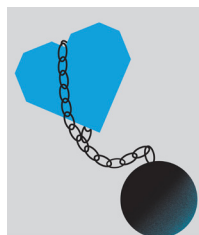
### Sabotage

When someone purposely ruins your reputation, achievements, or success.



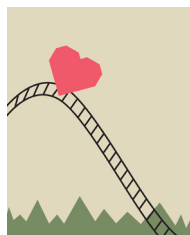
### Belittling

When someone does and says things to make you feel bad about yourself.



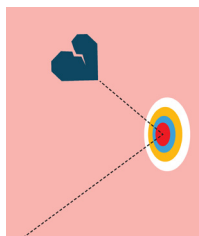
### Guilt

When someone makes you feel responsible for their actions or makes you feel like it's your job to keep them happy.



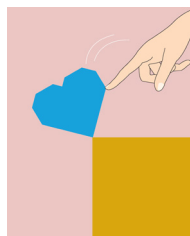
### Volatility

When someone has a really strong, unpredictable reaction that makes you feel scared, confused or intimidated.



### Deflecting Responsibility

When someone repeatedly makes excuses for their unhealthy behavior.



### Betrayal

When someone is disloyal or acts in an intentionally dishonest way.