



# Relationships

Self, Family, Friends, School, Work

## Signs of “Healthy” Relationships

- ✓ Feeling secure & content
- ✓ Treating each other with respect
- ✓ Trusting & having faith in each other
- ✓ Feeling OK to disagree & discuss your differences
- ✓ Not being violent or threatening toward each other
- ✓ Communicating openly & freely
- ✓ Enjoying the time you spend together
- ✓ Feeling secure, even if all the time is not spent together
- ✓ Making individual healthy choices about the use of alcohol & drugs
- ✓ Making decisions together
- ✓ Listening & respecting each others viewpoints & feelings
- ✓ Supporting & encouraging the other persons interests
- ✓ Maintaining & encouraging other friendships
- ✓ Having an interest in the other person’s life, such as family, health, school, work
- ✓ If intimate, being honest & open about past sexual activity
- ✓ If intimate, communicating & being open about their sexual relationship, needs, & feelings

## Signs of “Unhealthy” Relationships

Unhealthy relationships can make you feel uncomfortable, hurt, and even responsible.

- ✓ Acts jealous or possessive towards you
- ✓ Has to be in control
- ✓ Has a quick temper
- ✓ Assumes and insists in knowing how you feel
- ✓ Manipulates you
- ✓ Ignores your feelings
- ✓ Blames you for their behavior, anger, depression
- ✓ Says you are “too sensitive” and you make a “big deal” out of something small
- ✓ Is hypersensitive to criticism or perceived criticism
- ✓ Has difficulty in identifying their own feelings and communicating them to you
- ✓ Refuses or is has difficulty in discussing, negotiating, and compromising with you
- ✓ Believes in stereotypical sex roles
- ✓ Views the opposite sex as “sex objects”
- ✓ Says things to you that make you feel badly
- ✓ Has unrealistic expectations of you & relationship
- ✓ Uses alcohol, drugs, or other mod-altering substances-just to relax
- ✓ Pressures you to use alcohol or drugs-to relax
- ✓ Pressures you for sex
- ✓ Threatens you or others
- ✓ Has a past of fighting or anger
- ✓ Ridicules, criticizes, or puts you down
- ✓ Uses threats or physical force to discourage one from leaving the relationship

*Are you experiencing an  
“unhealthy” relationship?  
Need Help? Visit...*



**Adult Relationships:** [www.thehotline.org](http://www.thehotline.org)

**Teen Relationships:** [www.loveisrespect.org](http://www.loveisrespect.org)

**In the Workplace:** [www.workplacebullying.org](http://www.workplacebullying.org)



Visit “Parent Central” at [www.Procarseatsafety.com](http://www.Procarseatsafety.com)