

# RELATIONSHIPS EXIST ON A SPECTRUM

All relationships exist on a spectrum, from healthy to abusive to somewhere in between. Below, are behaviors that occur in healthy, unhealthy and abusive relationships.

## HEALTHY

A **healthy relationship** means that both you and your partner are:

**Communicating:** You talk openly about problems, listen to each other, and respect each other's opinions.

**Respectful:** You value each other as you are. You respect each other's emotional, digital and sexual boundaries.

**Trusting:** You believe what your partner has to say. You do not feel the need to "prove" each other's trustworthiness.

**Honest:** You are honest with each other, but can still keep some things private.

**Equal:** You make decisions together and hold each other to the same standards.

**Enjoying personal time:** You both can enjoy spending time apart, alone, or with others. You respect each other's need for time apart.

## UNHEALTHY

You may be in an **unhealthy relationship** if one or both partners is:

**Not communicating:** When problems arise, you fight or you don't discuss them at all.

**Disrespectful:** One or both partners is not considerate of the other's feelings and/or personal boundaries.

**Not trusting:** One partner doesn't believe what the other says, or feels entitled to invade their privacy.

**Dishonest:** One or both partners tells lies.

**Trying to take control:** One partner feels their desires and choices are more important.

**Only spending time with your partner:** Your partner's community is the only one you socialize in.

## ABUSIVE

**Abuse** is occurring in a relationship when one partner:

**Communicates** in a way that is hurtful, threatening, insulting or demeaning.

**Disrespects** the feelings, thoughts, decisions, opinions, or physical safety of the other.

**Physically hurts** or injures the other partner by hitting, slapping, choking, pushing or shoving.

**Blames** the other partner for their harmful actions, makes excuses for abusive actions and/or minimizes the abusive behavior.

**Controls and isolates** the other partner by telling them what to wear, who they can hang out with, where they can go, and/or what they can do.

**Pressures or forces** the other partner to do things they don't want to do; threatens, hurts, or blackmails their partner if they resist or say no.

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