

What are Healthy Relationships?

Relationships exist on a spectrum from healthy to unhealthy to abusive.

Healthy	Unhealthy	Abusive
A healthy relationship means both you and your partner are: - Communicating - Respectful - Trusting - Honest - Equal - Enjoying personal time away from each other - Making mutual choices - Economic/financial partners	You may be in an unhealthy relationship if your partner is: - Not communicating - Disrespectful - Not trusting - Dishonest - Trying to take control - Only spending time together - Pressured into activities - Unequal economically	Abuse is occurring in a relationship when one partner is: - Communicating in a hurtful or threatening way - Mistreating - Accusing the other of cheating when it's untrue - Denying their actions are abusive - Controlling - Isolating their partner from others

Source: National Domestic Violence Hotline

Building Healthy Relationships requires effort.

You can use the following strategies to improve the quality of your relationships.

- Work on knowing yourself. Being able to understand, regulate, and express emotions is important for your mental health and your relationships.
- Work on the relationship. Healthy relationships are not found; they are built. They require commitment and willingness to accommodate each other's needs.
- Set and respect boundaries. In a healthy relationship, you enjoy spending time apart and with each other. You respect each other's needs. You communicate about your preferences.
- Talk and listen to your partner. Disagreements are okay; talking and listening is important.
- Reflect and learn. If you have a healthy way of expressing feelings, you can react to other people's feelings healthily. For example, anger can come from a place of being hurt and upset. Recognizing this can help you communicate better with your partner.