

Where on the spectrum does your relationship sit?



A healthy relationship means both you and your partner are:

- Communicating
- Financial/economic partners
- Honest
- Respectful
- Equal
- Have other friends
- Enjoy spending time away from each other
- Make mutual choices
- Healthy Argument

Signs of an unhealthy relationship:

- Not communicating
- Unequal economically
- Dishonest
- Disrespectful
- Trying to control you
- Doesn't want you to see friends or family
- Only spending time together
- Not being given a choice
- Never resolved arguments

Reoccurring behaviour in a relationship:

- Communicating in a threatening or abusive way
- Accusations of cheating
- Controlling
- Isolating from friends and family
- Physical abuse
- Gas lighting
- Financial abuse
- Arguments you feel fearful of, & escalate quickly