

THE RELATIONSHIP SPECTRUM

All relationships exist on a spectrum from healthy to abusive with unhealthy somewhere in the middle.

HEALTHY RELATIONSHIPS

A healthy relationship means that both you and your partner(s) are:

- Communicating
- Respectful
- Trusting
- Honest
- Equal
- Enjoying personal time
- Making mutual sexual choices
- Economic/financial partners
- Engaging in supportive parenting

UNHEALTHY RELATIONSHIPS

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

- Not communicating
- Disrespectful
- Not trusting
- Dishonest
- Trying to take control
- Only spending time with your partner
- Pressured by other into sexual activity
- Ignoring a partner's boundaries
- Unequal economically

ABUSIVE RELATIONSHIPS

Abuse is occurring in a relationship when one partner:

- Communicates in a way that is hurtful, threatening, insulting, or demeaning way
- Mistreats the other
- Accuses the other of cheating or having an affair when it's not true
- Denies that the abusive actions are abuse
- Controls the other
- Isolates the other partner
- Forces sexual activity or pregnancy
- Exerts economic control
- Engages in manipulative parenting

Relationships For DummiesR

Julia Schneider



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