CHARACTERISTICS OF HEALTHY AND UNHEALTHY RELATIONSHIPS

INSTRUCTIONS:

COLOR THE HEALTHY CHARACTERISTICS GREEN AND UNHEALTHY CHARACTERISTICS RED.

IF YOU'RE UNSURE OR THINK IT COULD BE BOTH HEALTHY AND UNHEALTHY, COLOR IT YELLOW
<table>
<thead>
<tr>
<th>Respecting each others opinions</th>
<th>One person making all the decisions</th>
</tr>
</thead>
<tbody>
<tr>
<td>One partner constantly texting to check up on the other</td>
<td>Sharing passwords and social media accounts</td>
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<tr>
<td>Demanding to know passwords and social media activity</td>
<td>Putting down your partner in front of others</td>
</tr>
<tr>
<td>Criticizing partner's family or friends</td>
<td>Spending all your time together</td>
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</tbody>
</table>
Walking on eggshells in front of your partner

Having separate bank accounts

Having your own friends and activities in your spare time

Giving your partner an allowance

Hitting, pushing, or shoving your partner

Threatening to hurt yourself if your partner leaves

Punching the wall when upset

Jealousy
Dropping off and picking up partner from work every day

Open and honest communication

Buying each other gifts

Flirting with other people

cheating
• Respecting each other's opinions
• Having separate bank accounts
• Having your own friends and activities in your spare time
• Open and honest communication
• One person making all of the decisions
• One partner constantly texting to check up on the other
• Sharing passwords and seeing social media activity
• Putting down partner in front of others
• Criticizing partner's family or friends
• Spending all your time together
• Walking on eggshells around your partner
• Giving your partner an allowance
• Hitting, pushing or shoving your partner
• Threatening to hurt yourself if your partner leaves
• Punching the wall when upset
• Dropping off and picking up your partner from work every day
• Cheating
• Jealousy: In some cases, jealousy can be fine and innocent, as long as you're communicating with your partner about how you're feeling. It becomes unhealthy when the jealousy starts leading to abusive behaviors such as being controlling or violent towards a partner because you're jealous.
• Buying each other gifts: Gifts can be a nice and kind thing to do for your friend or partner, but it can become unhealthy very quickly. Buying someone expensive gifts or showering them with lots of gifts at once can sometimes make the other person uncomfortable or feel like they owe you something for it and it can create a type of power imbalance that could lead to abuse.
• flirting with other people: Although many people may say this is considered cheating or not okay, some people are fine when it comes to flirting with someone other than their partner. If BOTH people in the relationship consent to it and agree that it is okay, then this behavior can be fine. But if one partner is not okay with it, then it would not be a very healthy thing to do.