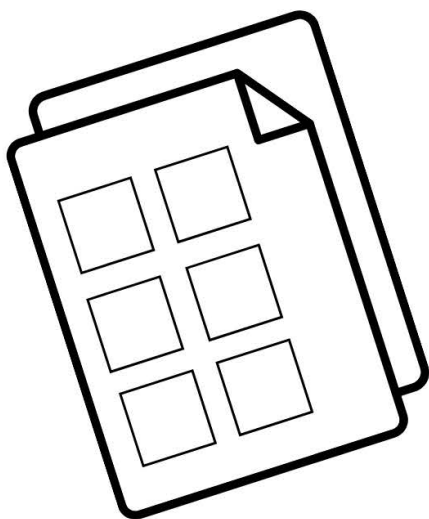


CHARACTERISTICS OF HEALTHY AND UNHEALTHY RELATIONSHIPS

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**



**Respecting
each
others
opinions**

**One person
making all
the
decisions**

**One partner
constantly
texting to
check up on
the other**

**Sharing
passwords
and social
media
accounts**

**Demanding to
know
passwords and
social media
activity**

**Putting down
your partner
in front of
others**

**Criticizing
partner's
family or
friends**

**Spending
all your
time
together**

**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**

**Buying
each other
gifts**

**Open and
honest
communication**

**Flirting
with other
people**

cheating

- Respecting each others 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 bc of 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.