

Healthy Relationships

Healthy vs. Warning Signs



Think about your intimate relationship or relationships in your family. Put a checkmark next to each answer that reflects what happens in that relationship.

HEALTHY SIGNS

- 📍 Open communication
- 📍 Spends quality time together
- 📍 Inspires each other to be better humans
- 📍 Shares decision-making
- 📍 Each partner feels safe all the time
- 📍 Mutual affection is given
- 📍 Partners have realistic expectations
- 📍 Shared values
- 📍 Partners accept each other
- 📍 Having fun together is a priority
- 📍 Disagreements are healthy
- 📍 Mutual respect is given
- 📍 Conflict is expected and handled
- 📍 Support is ongoing
- 📍 Strong sense of trust builds
- 📍 Sense of belonging builds
- 📍 Boundaries are healthy
- 📍 Boundaries are respected
- 📍 Time apart is healthy and expected
- 📍 Personal responsibility is the rule

WARNING SIGNS

- 📍 Guilt trips are common
- 📍 Put-downs become constant
- 📍 Blaming is common
- 📍 Threats and intimidation are used
- 📍 Lying becomes compulsive
- 📍 Gaslighting and manipulation are used
- 📍 Isolation from friends and family occur
- 📍 Affection is withdrawn to control
- 📍 Stonewalling or refusal to communicate
- 📍 Name-calling is common and excused
- 📍 Criticism occurs regularly
- 📍 Money is used to control
- 📍 Unreasonable jealousy
- 📍 Ignoring or excluding to punish or control
- 📍 Humiliation and embarrassment are used
- 📍 Using “I love you, BUT...”
- 📍 Force is used to control or intimidate
- 📍 Threats of violence or suicide are used to control or punish

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Discussion Questions



- 1) What relationships are you currently in? Family? Friendships? Intimate Partner? Business?
- 2) Which of these relationships are unhealthy?
- 3) What is your own definition of a healthy relationship? Unhealthy relationship?
- 4) Do the people in your family model healthy relationships? If so, what aspects do you see that you would like to replicate in your own relationships? If not, what aspects do you see that you would like to avoid?
- 5) If you are in an unhealthy relationship, why do you stay?
- 6) What are the obstacles in the way of getting out of an unhealthy relationship?
- 7) Who could you go to or rely on for support to help you get out of an unhealthy relationship?
- 8) How can you help a friend who is in an unhealthy relationship?
- 9) What boundaries have you had to set when your friends are in unhealthy relationships?
- 10) How much does self-worth have to do with being in healthy or unhealthy relationships?
- 11) Should someone have positive self-worth before getting into romantic, intimate, or close friend relationships?
- 12) How long does it take to really get to know someone well? How long does it take before trust builds?
- 13) Besides the warning signs above, what other things may be “red flags” that indicate an unhealthy relationship?
- 14) Besides the healthy signs above, what other things may be positive aspects of a healthy relationship?
- 15) Envision what type of relationships you want in your life? What do they look like? What kind of things will you do together? How much time together and time apart will there be? What are the values you want to have in common?