10 SIGNS OF A HEALTHY RELATIONSHIP

COMFORTABLE PACE
The relationship moves at a speed that feels enjoyable for each person.

TRUST
Confidence that your partner(s) won't do anything to hurt you or ruin the relationship.

HEALTHY CONFLICT
Openly and respectfully discussing issues and confronting disagreements non-judgementally.

FUN
You enjoy spending time together and bring out the best in each other.

HONESTY
You can be truthful and candid without fearing how the other person will respond.

KINDNESS
You are caring and empathetic to one another, and provide comfort and support.

RESPECT
You value one another's beliefs and opinions, and love one another for who you are as a person.

EQUALITY
The relationship feels balanced and everyone puts the same effort into the success of the relationship.

TAKING RESPONSIBILITY
Owning your own actions and words.

INDEPENDENCE
You have space to be yourself outside of the relationship.

FOR MORE INFORMATION, CONTACT DR. JENNIFER LEILI LEILIJ@RHODES.EDU
10 SIGNS OF AN UNHEALTHY RELATIONSHIP

INTENSITY
When someone expresses very extreme feelings and over-the-top behavior that feels overwhelming.

POSSESSIVENESS
When someone is jealous to a point where they try to control who you spend time with and what you do.

BETRAYAL
When someone is disloyal or acts in an intentionally dishonest way.

GUILTING
When someone makes you feel responsible for their actions or makes you feel like it's your job to keep them happy.

MANIPULATION
When someone tries to control your decisions, actions or emotions.

SABOTAGE
When someone purposely ruins your reputation, achievements, or success.

DEFLECTING RESPONSIBILITY
When someone repeatedly makes excuses for their unhealthy behavior.

VOLATILITY
When someone has a really strong, unpredictable reaction that makes you feel scared, confused or intimidated.

ISOLATION
When someone keeps you away from friends, family, or other people.

BELITTLING
When someone does and says things to make you feel bad about yourself.

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