

## 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.

## HONESTY

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

## EQUALITY

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

# 10 SIGNS OF A HEALTHY 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.

## 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.

## 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



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## 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.

# 10 SIGNS OF AN UNHEALTHY RELATIONSHIP

## 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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