How Healthy is Your Relationship?

Learn the signs of Healthy, Unhealthy, and Abusive Relationships

Issue:
It can be difficult to look at our own intimate relationships objectively, and it can be easy to make excuses for unhealthy and abusive behavior from our partner or ourselves.

Goal:
Learn the differences between Healthy, Unhealthy, and Abusive Relationships and where to find resources that are available to help you leave an abusive relationship safely.

You can learn more about understanding where your relationship sits on the relationship spectrum described on the reverse in the National Domestic Violence Hotline article “Healthy Relationships” on thehotline.org.

Live Oak Mental Wellness Project

Live Oak Mental Wellness Project is working to make mental health support more accessible. We share information about improving your mental wellness at home, host mental wellness workshops to practice putting theories into action, and partner with others in the mental health field to create new resources in person and in print to help you learn how to make your life the very best it can be.

LiveOakMentalWellnessProject.com

How Healthy is Your Relationship?

Learn the signs of Healthy, Unhealthy, and Abusive Relationships

"All relationships exist on a spectrum from healthy to abusive, with unhealthy relationships somewhere in the middle." Relationship Spectrum, LoveIsRespect.org

In a Healthy Relationship, you and your partner are:

- Communicating
- Respectful
- Trusting
- Honest
- Equal
- Enjoying personal time away from each other
- Making mutual choices
- Economic/financial partners

In an Unhealthy Relationship, one partner may be:

- Not communicating
- Disrespectful
- Not trusting
- Dishonest
- Trying to take control
- Only spending time together
- Pressured into activities
- Unequal economically

In an Abusive Relationship, one partner is:

- Communicating in a hurtful or threatening way
- Mistreating
- Accusing the other of cheating when it's untrue
- Denying their actions are abusive
- Controlling
- Isolating their partner from others

Get Healthier

1. Make a mark next to each item above that describes the behavior in your relationship.
2. Start with what you can control: What can YOU do differently to improve unhealthy behaviors? (Be honest with yourself!)

_____

_____

3. How might you begin a conversation with your partner about changes you request of them? (Remember the importance of assuming best intentions: most people are not trying to hurt you with their behavior but are just doing their best.)

_____

_____

If you feel that discussing these issues with your partner could become unsafe for you, consider reaching out for help. You are not alone.

For help safely exiting an abusive relationship in the Antelope Valley, reach out to Valley Oasis at (661) 945-6736 or firststep@avdvc.org. Learn more at valleyoasis.org/what-we-do/trauma-services/