Relationships:

Healthy or Unhealthy

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OBJECTIVES:

- To increase knowledge and awareness of what constitutes a healthy relationship vs an unhealthy relationship.
- To recognize the differences between healthy and unhealthy relationships.
- To be able to identify if your personal relationship is healthy or unhealthy or may need some improvement in areas.
**What is the difference?**

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<th>Healthy</th>
<th>Unhealthy</th>
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<td>• Healthy relationships are characterized by respect, sharing, communication, support, and trust.</td>
<td>• Unhealthy relationships are characterized by a lack of respect, sharing, communication, support and trust.</td>
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<td>• They are based on the belief that both partners are equal, that power and control in the relationship are equally shared.</td>
<td>• There is not only verbal, physical, and emotional abuse, but also an unequal balance of power, in which only one person gets his/her needs met.</td>
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<td>• Both people benefit from the relationship and both people get his/her needs met.</td>
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Healthy vs. Unhealthy Relationships

HEALTHY

• **Equality** - Partners share decisions and responsibilities. They discuss roles to make sure they are fair and equal.

• **Honesty** – Partners share their dreams, fears, concerns with each other. They tell each other how they feel and share important information.

• **Physical Safety** - Partners feel physically safe in the relationship and respect each other’s physical space.

• **Respect** - Partners treat each other like they want to be treated and accept each others opinions, friends, and interests. They listen to each other.

UNHEALTHY

• **Control** - One partner makes all the decisions and tells the other what to do, or tells the other person what to wear or who to spend time with.

• **Dishonesty** - One partner lies to or keeps information from the other. One partner steals from the other.

• **Physical Abuse** - One partner uses force to get his/her way (hitting, slapping, shoving).

• **Disrespect** - One partner makes fun of the opinions and interests of the other partner. He or she may destroy the others personal possessions.
HEALTHY

- **Comfort** - Partners feel safe with each other and respect each other’s differences. They can be “themselves” with each other.

- **Sexual respectfulness** - Partners never force sexual activity or insist on doing something the other isn’t comfortable with.

- **Independence** - Neither partner is dependent upon the other for an identity. Partners maintain friendships outside of the relationship. Either partner has the right to end the relationship.

- **Humor** - The relationship is enjoyable for both partners. Partners laugh and have fun.

UNHEALTHY

- **Intimidation** - One partner tries to control every aspect of the other partner’s life. If the partner doesn’t comply, the controlling partner may threaten violence or leaving the relationship.

- **Sexual Abuse** - One partner pressures or forces the other into sexual activity against his/her will or without his/her consent.

- **Dependence** - One partner feels that he/she “can’t live without” the other. He/she may threaten to do something drastic if the relationship ends.

- **Hostility** - One partner may “walk on egg shells” to avoid upsetting the other. Teasing is mean-spirited.
Healthy Relationship Quiz

• 1. Can you say what you like or admire about your partner?
• 2. Is your partner glad that you have other friends?
• 3. Is your partner happy about your accomplishments and ambitions?
• 4. Does your partner ask for and respect your opinions?
• 5. Does s/he talk about her/his feelings?
• 6. Does s/he really listen to you?
• 7. Does your partner have a good relationship with his/her family?
• 8. Does s/he have good friends?
Questions Continued:

• 9. Does s/he have interests besides you?
• 10. Does s/he take responsibility for her/his actions and not blame others for his/her failures?
• 11. Does your partner respect your right to make decision that affect your own life?
• 12. Are you and your partner friends? Best friends?

• If you answered many of questions 1 – 12 with a yes, you probably are not in a relationship that’s likely to become abusive.
Relationship Quiz Part Two:

13. When your partner gets angry, does s/he break or throw things?
14. Does your partner lose his/her temper easily?
15. Is your partner jealous of your friends or family?
16. Does your partner think you’re cheating on him/her if you talk or dance with someone else?
17. Does your partner expect to be told where you have been when you’re not with him/her?
18. Does your partner drink or take drugs almost every day, or go on binges?
19. Does s/he ridicule, make fun of you, or put you down?
20. Does your partner think there are some situations in which it is ok for a man to hit a woman/woman to hit a man?
21. Do you like yourself less than usual when you’ve been with your partner?
22. Do you find yourself ever afraid of your partner?
If you answered yes to any of the questions 13 – 22 you may want to be careful and think about your safety in the relationship and may want to consult a counselor.
We are here to

To make an appointment call (614) 287-2818