

# HEALTHY

VERSUS

# UNHEALTHY RELATIONSHIPS



You value each other as you are. You respect each other's emotional, digital, and sexual boundaries.

One partner is not considerate of the other's feelings and/or personal boundaries.

Your life is better with your partner in it

Your partner is very possessive and jealous

You believe what your partner has to say. No need to prove each other's "trustworthiness"

One partner does not believe the other and feels entitled to invade the other's privacy

You are never violent with each other and have boundaries

Your partner calls you names, yells at you, and hits you