



HEALTHY RELATIONSHIPS



Communication

Speak up assertively.
Listen carefully, empathically, nonjudgmentally.
Resolve & learn instead of avoiding conflicts.

Intimacy

Express emotional warmth, connectedness, unconditional love in words & actions with openness and integrity.

Commitment

Commit to care about your partner, relationship, yourself.

Trust

Confidence in reliability of your partner & yourself.

Shared Power

Equal say in the relationship.

Personal Time

Independence & privacy.

Positive Fighting

Build skills to positively negotiate through disagreements.

Shared Time

Share work & play activities, thoughts, feelings, emotions.

Embrace Change

Personal change makes relationship interesting & supports partner's growth.

Accept Differences

Differences in thoughts, feelings, values are accepted, respected and valued.

WE-ness

See yourself as part of a couple, with shared goals, values, interests.

Maturity

Times of distance, irritation, trouble are opportunities to grow.

Curiosity

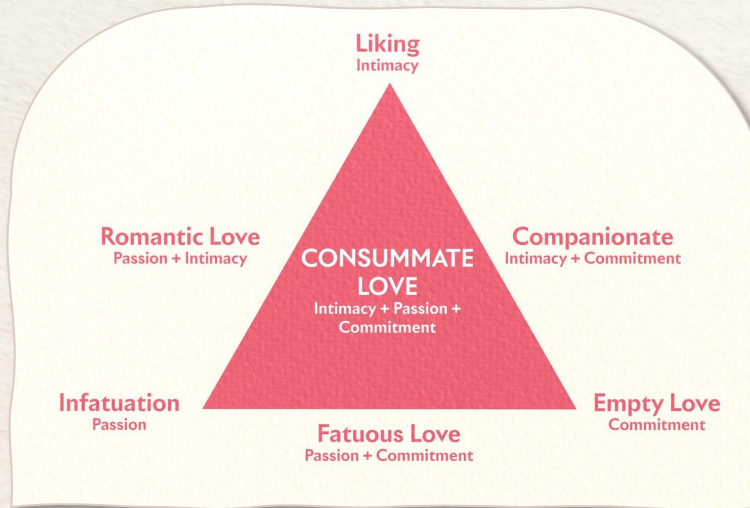
Interest in partner's job, activities, quality of life.

Special

Unique connection not ruled by views of others.

Humor & Fun

Room for nurturing & comfortable fun, playfulness, humor.





UNHEALTHY RELATIONSHIPS



ABUSE

Emotional / Psychological

Jealousy, possessiveness, controlling, verbal put-downs, name-calling, criticism, intimidation, threats

Physical

Pushing, shoving, slapping, pulling hair, hitting, punching, threatening with weapons, physically confining

Sexual

Any sexual relations without consent, touching, humiliating sexual activity, coercion, rape.

Substance

Substance abuse alters consciousness. You are dealing with the substance, not your partner when under influence



Maladaptive Communication

Criticism

Verbally attacking personality or character

Contempt

Attacking sense of self with an intent to insult or abuse.

Defensiveness

Victimizing yourself to ward off a perceived attack & reverse the blame.

Stonewalling

Withdrawing to avoid conflict & convey disapproval, distance, & separation

Gottman (1994)

IF THIS SOUNDS FAMILIAR,
YOUR RELATIONSHIP MAY BE
UNHEALTHY OR ABUSIVE.

TALK TO SOMEONE TO HELP YOU DECIDE.



FOR QUESTIONS ABOUT HEALTHY
RELATIONSHIPS, OR TO SCHEDULE AN
APPOINTMENT WITH A COUNSELOR, CALL
COUNSELING & PSYCHOLOGICAL SERVICES
858-534-3755.