

Relationship Spectrum



Healthy Relationships

- ❖ Based on equality, respect & trust
- ❖ Feels supportive, peaceful, comfortable & both partners take responsibility for missteps

Unhealthy Relationships

- ❖ Involves selfishness, arguing and dishonesty
- ❖ Feels frustrating, hurtful, stressful, dramatic/toxic, draining, unsettling

Abusive Relationships

- ❖ Based on a non-consensual pattern in which one person exhibits power and control over their partner
- ❖ Feels scary, overwhelming, fearful, trapped intimidating & controlling