

Everyone deserves

# healthy relationships

with friends, family, boyfriends/girlfriends, whoever.

healthy relationships both people...	unhealthy relationships one or both people...
Genuinely like and have high regard for each other	Consistently manipulate the other's emotions and actions
Like each for who they are and not for what they can get from each other	Work to maintain physical and emotional control over the other
Are interested in each other's opinions, dreams, and ideals	Are often caught in lies
Are having fun and are happy	Keep secrets hidden from people outside the relationship
Use appropriate expressions of affection	Feel that they own and can name the other's feelings
Challenge each other to grow and are willing to be challenged in return	Need constant reassurance of the other's affection and loyalty and are jealous of outside relationships
Recognize the strengths and weaknesses of the other	Deal with conflicts by anger or vicious, hurtful arguments
Have great trust in each other	Convince the other to change behavior by using intimidation, guilt or violence
Are willing to negotiate what they want from the relationship	Blame the other for failure in the relationship
Remain faithful to his/her core values and beliefs	Bribe or threaten the other to maintain the relationship
Are interested in and proud of the accomplishments of the other and are not jealous of her/his success	Cover for negative behaviors of the other
Do not assume responsibility for the mistakes of the other	Assume responsibility for the other's mistakes
Do not feel guilty when the other is unhappy	Feel guilty when the other is not happy
Do not try to change each other but focus on the changes each need to make herself/himself	Are self-absorbed and think their needs are the most important