

# Healthy vs. Unhealthy Relationships

## HEALTHY

Empowering and encouraging your partner to reach their goals

Mutual trust and being able to spend time separately

Respect, understand and validate each other's feelings

Communicate to each other about problems and feelings

## UNHEALTHY

Constantly gaslighting your partner

Lack of trust and constantly controlling your partner's decisions

Disrespectful, manipulative, and constantly disregarding your feelings

Afraid to speak up, constantly feeling insecure and unhappy

