All relationships exist on a spectrum from healthy to abusive with unhealthy somewhere in the middle.

- **HEALTHY**
  - Respect
  - Good Communication
  - Trust
  - Honesty
  - Equality

  **Relationships are based on equality and respect.**
  
  You make decisions together and can openly discuss whatever you’re dealing with, like relationship problems and sexual choices. You enjoy spending time together but can be happy apart.

- **UNHEALTHY**
  - Breaks in Communication
  - Pressure
  - Dishonesty
  - Struggles for Control
  - Inconsiderable behavior

  **Relationships are based on attempts to control the other person.**
  
  One person tries to make most of the decisions. He or she may pressure their partner about sex or refuse to see how their actions can hurt. In an unhealthy relationship, you feel like you should only spend time with your partner.

- **ABUSIVE**
  - Accusations
  - Blame shifting
  - Isolation
  - Pressure
  - Manipulation

  **Relationships are based on power and control.**
  
  One person is making all of the decisions – about sexual choices, friend groups, boundaries, even what’s true and what’s not. You spend all of your time together and feel like you can’t talk to other people, especially about what’s really happening in your relationship.

  [loveisrespect.org](http://loveisrespect.org)

For more information on healthy relationships visit our website.

**COUNSELING SERVICES**

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