

Healthy vs. Unhealthy Relationships

Evaluate a current or past relationship that you are/were involved in. Check any box that applies to you and your relationship.

Loving and taking care of yourself, before and while in a relationship. ____	You care for and focus on another person only and neglect yourself or you focus only on yourself and neglect the other person. ____
Respecting individuality, embracing differences, and allowing each person to "be themselves." ____	You feel pressure to change to meet the other person's standards, you are afraid to disagree, and your ideas or criticized. Or, you pressure the other person to meet your standards and criticize his/her ideas. ____
Doing things with friends and family and having activities independent of each other. ____	One of you has to justify what you do, where you go, and who you see. ____
Discussing things, allowing for differences of opinion, and compromising equally. ____	One of you makes all the decisions and controls everything without listening to the other's input. ____
Expressing and listening to each other's feelings, needs, and desires. ____	One of you feels unheard and is unable to communicate what you want. ____
Trusting and being honest with yourself and each other. ____	You lie to each other and find yourself making excuses for the other person. ____
Respecting each other's need for privacy. ____	You don't have any personal space and have to share everything with the other person. ____
Sharing sexual histories and sexual health status with a partner. ____	Your partner keeps his/her sexual history a secret or hides a sexually transmitted infection from you or you do not disclose your history to your partner. ____
Practicing safer sex methods. ____	You feel scared of asking your partner to use protection or s/he has refused your requests for safer sex. Or, you refuse to use safer sex methods after your partner has requested or you make your partner feel scared. ____
Respecting sexual boundaries and being able to say no to sex. ____	Your partner has forced you to have sex or you have had sex when you don't really want to. Or, you have forced or coerced your partner to have sex. ____
Resolving conflicts in a rational peaceful, and mutually agreed upon way. ____	One of you yells and hits, shoves or throws things at the other in an argument. ____
There is room for positive growth and you learn more about each other as you develop and mature.	



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