



# Understanding Healthy, Unhealthy and Abusive Relationships

October is Domestic Violence awareness month. Domestic Violence can affect men and women as well as the children. If you or someone you know needs help there are resources out there. **The National Domestic Violence hotline (800)799-7233 or thehotline.org is available 24/7 to answer questions and provide resources to find the help you need.** The website has a place to develop a safety plan which can be a very useful tool.

Not everyone has been able to experience a healthy relationship and may not recognize some of the warning signs in an unhealthy one. According to loveisrespect.org, there are things you can identify in a healthy relationship, an unhealthy relationship and an abusive relationship. Below are some examples for you to review to help you understand yourself and your relationship better.



## Healthy

**In a healthy relationship both partners are ...**



### Respectful

You value each other as you are and respect each others boundaries.



### Communicating

You talk openly about problems, listen to each other and respect each others opinions.



### Trusting

You believe what your partner says. You don't feel the need to prove each other's trustworthiness.



### Honest

You are honest with each other but still able to keep some things private.



### Enjoying Personal Time

You both enjoy spending time together, apart, alone or with others.



### Equal

You make decisions together and hold each other to the same standards



## Unhealthy

**In a unhealthy relationship one or both of you is...**



### Disrespectful

One or both partners is not considerate of the persons feelings and/ personal boundaries



### Not Communicating

When problems arise you argue or you don't talk about them at all.



### Not Trusting

One partner doesn't believe what the other one says, or may feel entitled to invade their privacy



### Dishonest

One or both partners tells lies



### Only spending time with Partner

You only socialize with them or their friends and not on your own



### Trying to Take Control

One person feels their choices and desires are more important



## Abusive

**In a abusive relationship one or both of you is...**



### Disrespectful

Disrespects the the feelings, thoughts, decisions, opinions, or physical safety of the other.



### Lack of Communication

Communicates in a way that is hurtful, threatening, insulting or demeaning.



### Physically Hurts

Physically hurts or injures the other partner by hitting, slapping, choking, pushing or shoving the other person.



### Blames

Blames the other partner for their harmful actions, makes excuses for abusive actions and/or minimizes the abusive behavior.



### Controls and Isolates

Tells the partner what to wear, who they can hang out with, where they can go and what they can do.



### Pressures or forces

The partner forces them to do things they don't want to do by threats, hurting or blackmailing their partner if they resist or say no.

Please feel free to reach out to me if you have any questions or would like further information.

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