

Healthy Versus Unhealthy Relationships

Healthy Relationships	Unhealthy Relationships
1. Each person feels like an individual.	One or both partners feel incomplete without each other.
2. Each person feels responsible for his/her own happiness.	One or both partners rely on the other partner for their happiness.
3. Each person is responsible for his/her self-esteem.	One or both partners rely on the other for their self-esteem.
4. Togetherness and separateness are balanced.	Levels of togetherness are out of balance.
5. Relationships are established and maintained outside the partnership.	There is an inability to establish and maintain relationships with others.
6. Each person communicates effectively: open, honest, assertive, clear, being willing to listen.	One or both partners are unable to communicate effectively: game playing, being passive or aggressive, beating around the bush, unwilling to listen.
7. The opportunity exists for support and growth - for each person and for the couple.	Lack of opportunity for individual and/or relationship growth.
8. Finds commitment acceptable.	Attachment, addiction, or lack of commitment.
9. Accepting of each other.	Trying to change partner.
10. Each person has established healthy, comfortable limits or boundaries.	Limits and boundaries are poorly established and defined.
11. A willingness to recognize when the relationship is changing.	The illusion that the relationship will always be the same.
12. Brings out the best qualities of both people.	Brings out the worst qualities of both people.
13. Each person feels the freedom to ask honestly for what is wanted.	One or both partners feel unable to express needs or desires.
14. Accepts endings.	Unable to let go.
15. Achieves intimacy without use of chemicals.	Use alcohol/drugs to reduce inhibitions, create false sense of intimacy.

