The Relationship Spectrum

**Healthy**
- Equality
- Respect
- Honesty
- Trust
- Understanding
- Compassion
- Equal decision making
- Boundaries
- Time together and apart
- Supportive
- Clear communication
- Accountability
- Dependable and Consistent
- Have fun together
- Love/Admiration
- Safety
- Address disagreements and seek mutually beneficial resolutions
- Empathy
- Emotional language
- Each has own friends
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**Unhealthy**
- Disrespectful
- One person’s opinions are more important than others
- Attempts to control
- Informal rules about clothes, friends, communication etc
- The W’s (Who, What, Where, When, Why) with accusations/assumptions
- Unclear communication, say one thing and do another
- Rude
- Cheating allegations
- Jealousy
- Put downs
- One upping
- Pushing boundaries
- Pressure
- Limited accountability
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**Abusive**
- One person makes all the decisions
- Ignoring
- Name Calling
- Lies
- Denial of concerns or responsibility
- Humiliation
- Violating/disregarding boundaries
- Threats
- Cheating
- Controlling
- Isolation from
- Physical
- Emotional/Verbal
- Sexual
- Financial
- Cyber/Tech
- Spiritual
- Keeping you from school, appointments, self-care
- Breaking your things
- Making fun of your opinions
- Expecting you to break family rules
- Blame shifting
- Manipulation
- Judgement
- Rules