

# The Relationship Spectrum



## What is a healthy relationship?

Relationships do not look or feel the same all the time. They can move along the relationship spectrum based on how people treat each other. This table provides examples and comparisons of healthy, unhealthy and abusive relationship behaviors:

### *Healthy Relationship Behaviors*

### *Unhealthy Relationship Behaviors*

### *Abusive Relationship Behaviors*

<p><b>Healthy Communication</b> Both partners talk openly about problems and listen to each other.</p>	<p><b>No communication</b> When either partner has a problem, they may fight or avoid talking about it.</p>	<p><b>Hurtful communication</b> One partner communicates in ways that are hurtful or insulting.</p>
<p><b>Respect</b> Both partners value each other as they are.</p>	<p><b>Disrespect</b> One or both partners is not considerate of the other.</p>	<p><b>Mistreatment</b> One partner does not respect the feelings or physical safety of the other.</p>
<p><b>Trust</b> Both partners can believe what each other says.</p>	<p><b>Distrust</b> One or both partners do not believe what the other partner says.</p>	<p><b>Jealousy</b> One partners falsely accuses the other of flirting or cheating.</p>
<p><b>Honesty</b> Both partners are honest with each other and can choose to keep things private.</p>	<p><b>Dishonesty</b> One or both partners lie to each other.</p>	<p><b>Denial</b> One partner blames behaviors on the other or some outside source.</p>
<p><b>Equality</b> Partners make decisions together and hold each other to the same standards.</p>	<p><b>Inequality</b> One or both partners feel their needs are more (or less) important than the other's.</p>	<p><b>Complete control</b> There is no equality in the partnership. What one partner says goes.</p>
<p><b>Personal time</b> Both partners respect each other's need to spend time apart.</p>	<p><b>Feeling crowded or not spending time apart</b> Partners only spend time with each other.</p>	<p><b>Isolation</b> One partner controls where the other one goes, who they see, and who they talk to.</p>
<p><b>Mutual sexual choices</b> Both partners talk openly about sexual choices and consent. No pressure!</p>	<p><b>Ignoring consequences of sex</b> Both partners consent to sex, possibly due to pressure from one partner, but they do not communicate about boundaries or consequences.</p>	<p><b>Non-consensual sexual activity</b> One partners forces intimacy and/or sexual activity without consent.</p>