



HEALTHY RELATIONSHIPS



While each relationship—whether it is with a romantic partner, friend, or family member—is unique, there are some shared indicators of healthy and unhealthy relationships. Reflecting on your relationships, consider which factors you see present. Contact the Counseling and Testing Center by calling or visiting our website to learn more about the many services available.

<i>Healthy</i>	<i>Harmful</i>
Respect. Listening non-judgmentally, being emotionally affirming/validating, and valuing each other’s opinions.	Engaging in Emotionally Abusive Behaviors. Putting one another down, calling names, raising voices, making one another feel bad about themselves, making one another feel “crazy,” using mind games, embarrassing or shaming one another, making one another feel guilty.
Trust and Support. Supporting each other’s goals and respecting each of your rights to your own feelings, friends, activities, and opinions.	Using Isolation. Controlling what one another does, who they see, what they read, where they go; limiting involvement outside the relationship; using “jealousy”/ “protectiveness” / “care” to justify actions.
Honesty and Accountability. Accepting responsibility for self and actions, admitting being wrong, and communicating openly and truthfully.	Minimizing, Denying, and Blaming. Making light of unhealthy behaviors, not taking one another’s concerns seriously, denying unhealthy/abusive behaviors happened, shifting responsibility for behaviors to the other person/saying they caused the behavior.
Negotiation and Fairness. Seeking mutually satisfying resolutions to conflict and being willing to compromise.	Using Coercive Behaviors. Making and/or following through with threats (e.g., to leave/disown the person or hurt themselves).
Celebration and Affirmation. Empowering, affirming, and celebrating each other’s identities and honoring accompanying lived experiences.	Demonstrating Prejudicial/Discriminatory Behaviors. Endorsing prejudicial and/or discriminatory beliefs/behaviors that reinforce stigma, marginalization, and oppression.
Safety. Feeling safe within the relationship (emotionally, physically, intellectually, spiritually, and sexually), including the ability to establish and maintain boundaries that you anticipate will be respected and honored.	Lack of Safety. Feeling unsafe within the relationship (emotionally, physically, intellectually, spiritually, and/or sexually), including not feeling permission to establish and/or maintain healthy boundaries.

The above information has been modified and compiled by Samantha Lee-Hodges, Ph.D. from The Duluth Model. See the following reference: The Duluth Model-Power and Control Wheel and Equality Wheel (Domestic Abuse Intervention Project, n.d. circa 1993)