

Healthy Relationships vs. Unhealthy Relationships

Healthy Relationships	Unhealthy Relationships
Communication is open, honest sharing; active listening with real interest in others	Isolation: apathy and lack of interest in the others or the topics of communications
Affirmation and validation of feelings, mutual support for one another	Abuse: people get attacked, put down, ridiculed, criticized, even violently attacked
Respect is taught, modeled and expected (for self and others)	Disrespect: no one {and no ideal} is held in esteem or treated with worth
Trust is developed through consistent care for the needs of all concerned	Distrust: people do not trust each other or themselves, and remain closed and guarded
Interactions are marked with lots of fun, play and a sense of humor	Fear: people are tense, scared, overly sensitive, serious and driven
Responsibility gets divided fairly and changes readily in crisis	Irresponsibility: chores are unevenly and autocratically given, but not always done
Honesty is valued; the differences between right and wrong are taught and lived out	Character: principles and values are not important, taught or shown to one another
Meaningful rituals, traditions, celebrations and beliefs are treasured and taught	Symbols: no meaningful rituals, traditions, celebrations, beliefs, symbols are wanted
People take turns	Power: interactions are out of balance with "might makes right" attitudes
There is a deep, shared faith	Faith: there is not a shared faith at the core of the relationship; maybe not tolerance
Privacy is respected	Privacy: people get invaded and violated in thoughts, feelings, space and body
Service to others is an important priority	Service: there is no reaching out to provide for others; each is self-serving
Meetings together are fostered and conversations are enjoyed	Meetings: talk at the table or councils for problem solving are not done
Leisure time is spent together as often as possible	Time: each pursues leisure and pleasure separately
When stressed, they seek help; afterward, they feel ready to solve another problem	Problems: stress cannot be admitted nor help solicited; later, they fear any more trouble