

HEALTHY VS UNHEALTHY RELATIONSHIPS

HEALTHY LOVE

- Allows for individuality
- Brings out partners' best qualities
- Accepts endings
- Experiences openness to change
- Invites growth in the partner
- Experiences true intimacy
- Finds pleasure in giving & receiving
- Does not try to change partner
- Accepts Limitations of self & partner
- Does not seek unconditional love
- Has individual high self-esteem
- Trusts the memory of the partner
- Welcomes affection & closeness
- Believes in equality

UNHEALTHY LOVE

- Feelings consumed in the relationship
- Extremely afraid to let go
- Excessive fear of risk or change
- Little individual growth
- Few truly intimate experiences
- Playing mind games
- Trying to get something by giving
- Needing others to feel secure & happy
- Refusing to commit
- Repeatedly expresses negative feelings
- Being afraid of affection & closeness
- Cares with excessive detachment
- Frequent playing of "power games"
- Looking to others for self-worth

Think about it . . .

If you're giving your all and it's not enough, you're probably giving it to the wrong person.

A healthy relationship will never require you to sacrifice your friends, your dreams, or your dignity.