HEALTHY RELATIONSHIPS

WHAT IS A HEALTHY RELATIONSHIP?

Healthy relationships are based upon respect and equality. In a healthy relationship, both partners feel supported and connected, but still feel independent. Communication and boundaries are two major components of a healthy relationship.

SIGNS OF AN UNHEALTHY RELATIONSHIP

Unhealthy relationships are based on power and control, instead of respect and equality. In the early stages of an abusive relationship, you may not think jealousy and possessiveness are a big deal. However, these are often red flags that indicate issues involving power and control. Possessiveness, jealousy, insults, yelling, humiliation, hair pulling, pushing, and other negative behaviours are - at their root - exertions of power and control.

If you think your relationship might be unhealthy, it's important to think about your safety.

• Focus on your own needs. Your wellness is important.

• Connect with your support systems. Abusers often isolate their partners. Talk to your friends, family members, and others to make sure you're getting the support you need.

• Avoid trying to change your partner's behaviour.

• Consider breaking up. You deserve to feel safe in your relationship. Abusive behaviours often gets worse. We can help you explore your options - 902-892-0960 / 1-800-240-9894.

COMMUNICATION

These tips can help you communicate with your partner in a healthy way:

• **Speak Up**. If something is bothering you, it's best to talk about it instead of holding it in.

• **Respect Your Partner.** Your partner's thoughts and feelings have value. Mutual respect is essential.

• **Compromise.** Conflict is a normal part of any healthy relationship. It's important to find ways to compromise when you disagree, and to solve problems in a fair way.

• **Be Supportive**. Encourage and reassure your partner when needed. Let your partner know when you need their support. Both partners should try to build each other up.

• **Respect Each Other's Privacy**. Healthy relationships require that each partner has their own time and space. Being in a relationship doesn't mean you have to share everything and do everything together.

BOUNDARIES

Creating boundaries is a good way to keep your relationship healthy and secure. Boundaries are an expression of what makes you feel comfortable and what you would like, or not like, to happen in your relationship. Boundaries help create and maintain respect for each other's individual likes and needs.