

# CHARACTERISTICS OF HEALTHY AND UNHEALTHY RELATIONSHIPS

Each partner feels whole without the other. "I am whole. You are whole. We enjoy being together. We work well together."

Each partner feels responsible for his or her well-being and happiness.

Each partner feels responsible for his or her self-esteem. "I feel good about myself no matter what anyone else thinks."

A balance between togetherness (we) and separateness (I). "I understand and appreciate the difference between 'you', 'me', and 'we'. The world is large and you are a part of it."

An ability to establish and appreciate relationships with other people. "I enjoy other friendships."

An ability to communicate effectively. Being open, honest, assertive, accurate, clear. Being willing to listen.

An opportunity for support and growth for each person and for the couple. "Our growth enriches our relationship".

Commitment: "I will stay with you. I am willing to put my time, effort and energy into this relationship."

A willingness to be honest. "I think we have a problem."

The ability to accept the other as he/she is. "I am curious to discover who you are."

A willingness to negotiate differences and fight fairly.

Each partner has established healthy boundaries. "I know what is mine, what is yours, and what I am willing to share."

A willingness to recognize when the relationship is changing.

One or both partners feel incomplete without the other. "With you I am complete. You are my other half. At last! I found you."

One or both partners rely on the other for their happiness and well-being.

One or both partners rely on the other for self-esteem. The way I feel about me is directly related to the way you feel about me.

Levels of togetherness (we) and separateness (I) are out of balance. "We must do every-thing together. My world revolves around you and I feel lonely if you're not near."

An inability to establish and appreciate relationships with other people. "I only want to be with you".

An inability to communicate effectively. Game-playing, beating around the bush, being unwilling to listen.

Lack of opportunity for individual and relationship growth. "Let's always stay the same."

Attachment or addiction. "I am stuck with you. I need to be with you. I can't make it without you."

Denial. "What problem? I don't notice anything wrong."

Expectations that one partner can change the other to meet his or her wants or needs.

An inability or lack of interest in negotiating differences and fighting fairly.

Limits and boundaries are poorly established and defined. "I'll deny my own needs in order to meet your needs."

The illusion the relationship will stay the same forever.