

Healthy Relationships take time to get right!



What Makes a Healthy Relationship?

Respect - Respect each person as an individual. A healthy partnership means learning about the other person & valuing what's important to them.

Trust - Means that you feel that you can count on each other & that the other person will be there for you. Trust needs to be earned over time & can be lost with a broken promise.

Be **Honest** about thoughts & feelings. It is the "real me" that our partner wants to get to know.

Communication - Is how we show our respect, trust & honesty. It requires listening & sharing thoughts & feelings.

Healthy Relationships	Unhealthy Relationships
You feel good about yourself when you're around the other person.	You feel sad, angry, scared or worried.
You do not try to control each other. There is equal amount of give & take.	You feel you give more attention than they give to you. You feel controlled.
Communication, Sharing & Trust. You feel safe & trust to share secrets. This requires listening.	You do not communicate, share or trust.
You like to spend time together but also enjoy doing things apart.	You feel pressured to spend time together & feel guilty when apart.
It's easy to be yourself when you're with them.	You feel the need to be someone or something that you're not.
You Respect each other's opinion. You listen & try to understand their point of view even if you don't agree.	You feel there's no respect for you or your opinion. You're not able to disagree.
There is <u>no fear</u> in your relationship.	You feel fear.

Sometimes **respect, communication, trust & honesty** are negatively affected when people use alcohol & drugs. Alcohol &/or drugs may cause arguing, physical, emotional or sexual abuse &/or unprotected sexual activity.



If you feel like you or a friend is in an unhealthy relationship, talk to someone you trust or contact your local **Mental Health & Addiction Services Office.**
 Mental Health Crisis Line 1-888-737-4668
 Health Line 1-888-709-2929

