

# HEALTHY RELATIONSHIPS

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Healthy relationships are very important in life because they bleed peace which is important for Personal, economic, social and emotional stability.

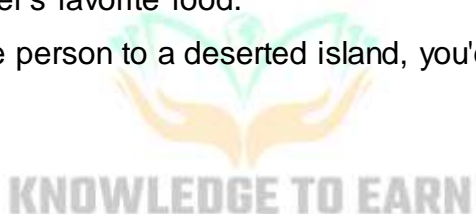
It is important for whoever would like to lead a more peaceful and rewarding life, to look at the relationship they are in so that if it is not healthy it can be worked on.

## 50 CHARACTERISTICS OF HEALTHY RELATIONSHIPS OF PARTNERS.

1. You can name your partner's best friend and identify a positive quality that the person has.
2. You and your partner are playful with each other.
3. You think your partner has good ideas.
4. You'd like to become more like your partner, at least in some ways.
5. Even when you disagree, you can acknowledge your partner makes sensible points.
6. You think about each other when you're not physically together.
7. You see your partner as trustworthy.
8. In relationship-relevant areas such as warmth and attractiveness, you view your partner a little bit more positively than they view themselves or than most other people view them.
9. You enjoy the ways your partner has changed and grown since you met.
10. Your partner is enthusiastic when something goes right for you.
11. When you reunite at the end of the day, you say something positive before you say something negative.
12. You reminisce about positive experiences you've had together in the past.
13. You can name one of your partner's favorite books.
14. You know your partner's aspirations in life.
15. You can recall something you did together that was new and challenging for both of you.
16. You kiss every day.
17. You're comfortable telling your partner your secrets.

18. You have your own “love language” (pet names or special signs you give each other).
  19. You know your partner’s most embarrassing moment from childhood.
  20. You know your partner’s proudest moment from childhood.
  21. You never, or very rarely, express contempt for your partner by rolling your eyes, swearing at them, or calling them crazy.
  22. You can list some positive personality qualities your partner inherited from their parents.
  23. If you have children together, you can list some positive personality qualities your partner has passed on to your children.
  24. You enjoy supporting your partner’s exploration of personal goals and dreams, even when this involves you staying home.
  25. You have a sense of security: You’re confident your partner wouldn’t be unfaithful, or do something to jeopardize your combined financial security.
  26. When you argue, you still have a sense that your partner cares about your feelings and opinions.
  27. Your partner lets you into their inner emotional world—they make their thoughts and feelings accessible to you.
  28. You frequently express appreciation for each other.
  29. You frequently express admiration for each other.
  30. You feel a sense of being teammates with your partner.
  31. You know your partner’s favorite song.
  32. You have a sense that your individual strengths complement each other.
  33. When you say goodbye in the morning, it’s mindful and affectionate.
  34. If you’ve told your partner about trauma you’ve experienced, they’ve reacted kindly.
  35. You don’t flat-out refuse to talk about topics that are important to your partner.
  36. You respect your partner’s other relationships with family or friends, and view them as important.
  37. You have fun together.
  38. You see your partner’s flaws and weaknesses in specific rather than general ways. (For example, you get annoyed about them forgetting to pick up the towels, but you don’t generally see them as inconsiderate.)
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39. You're receptive to being influenced by your partner; you'll try their suggestions.
40. You're physically affectionate with each other.
41. You enjoy spending time together.
42. You feel a zing when you think about how you first met.
43. You can name your partner's favorite relative.
44. You can name your partner's most beloved childhood pet.
45. You can articulate what your partner sees as the recipe for happiness.
46. When you feel stressed or upset, you turn toward your partner for comfort, rather than turning away from your partner and trying to deal with it yourself.
47. You have a sense that it's easy to get your partner's attention if you've got something important to say.
48. You like exploring your partner's body.
49. You can name your partner's favorite food.
50. If you could only take one person to a deserted island, you'd take your partner.



## **51 SIGNS OF AN UNHEALTHY RELATIONSHIP OF PARTNERS.**

1. You never turn to each other for emotional support. You look to other people first.
2. Your partner actively tries to cut you off from your support network of friends and family.
3. Your partner implies that you are stupid, or that they are "the smart one" in the relationship; they try to dissuade you from trying something new because "you probably won't understand it."
4. Your partner doesn't respect your answer when you say "no" to something.
5. Your partner implies that they only value you for one thing, whether it is sex, your looks, or your ability to earn money.
6. You can't identify any ways you've positively influenced each other. For example, you haven't adopted any of each other's interests or taught each other any new skills.
7. You can identify ways you've negatively influenced each other, particularly harmful habits

like heavy drinking, laziness, or smoking.

8. Your partner doesn't make you feel good about your body; they point out your thinning hair or saggy underarm skin.

9. You don't have a sense of relationship security—you've broken up or almost broken up numerous times.

10. You end up doing things you're ashamed of in the course of interacting with each other, such as screaming at each other in front of your kids.

11. Your partner is dismissive of your emotions, especially fear, such as when you say you're scared because they drive too fast or erratically but they won't slow down.

12. Your partner involves you in unethical activities, such as lying on official forms you both sign.

13. You feel worse about yourself as a person than when you started the relationship—you're less confident and can see fewer positive qualities about yourself.

14. You don't feel able to get your partner's attention when you want to talk about something important.

15. Your partner mocks you, such as poking fun at your voice or facial expressions in a mean way.

16. Your partner doesn't seem interested when you experience success, or they belittle your success.

17. You don't feel able to confide in your partner. If you were to reveal something that you're sensitive about, you're not sure if they'd react respectfully or helpfully.

18. Your partner makes jokes about leaving you or teases you about what their "second" wife or husband will be like.

19. When you're not physically together, it feels like "out of sight, out of mind." For example, your partner is on an international trip and says they'll call when they arrived safely at the hotel but doesn't follow through.

20. When you and your partner disagree, they insist you do things their way or leave. It's their way or the highway, and you don't have a sense that when you disagree you'll find a way of coming together.

21. You're not sure how dependable, supportive, or reliable your partner would be in a

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situation in which you really needed them; for example, if you or a close family member got Challenge which needs your attention.

22. You blame your partner for your life not being as satisfying as you'd like it to be—or they blame you.

23. Your partner is dismissive of your interests and projects. They judge the things you do by how important they perceive them to be, rather than how important they are to you.

24. Stonewalling. You or your partner flat-out refuses to talk about important relationship topics, such as the decision to have a baby.

25. You don't think your partner would make a good parent.

26. There are times you avoid coming home because going to Starbucks, or a bar, is more relaxing after a stressful day than coming home to your partner.

27. Your life together seems out of control; for example, you both spend much more than you earn.

28. You can't think of ways in which you and your partner make a great team.

29. Your partner is the source of negative surprises, such as large unexpected charges on your joint credit card.

30. You catch your partner lying repeatedly.

31. Your partner goes out but doesn't tell you where, or fails to arrive home when expected and has no explanation.

32. You worry that your partner might get so angry they'd hurt you.

33. You have a sense of being trapped in the relationship.

34. When you argue, one or both of you always just gets defensive. You can never acknowledge that the other person has some valid points.

35. When you argue, you just blame each other rather than each accepting some blame.

36. You're very critical of each other, and you feel constantly criticized about the ways you're not "good enough."

37. Your partner complains about you to their friends or family.

38. You find yourself lying to other people because you're ashamed of your partner's behavior; for example, making excuses for why they haven't shown up to an event as planned.

39. You feel lonely when you're together.
40. If you had to rate your partner on a scale of 1 to 10 on qualities like warmth, trustworthiness, and dependability, you would rate them lower than 5.
41. You can't recall a time when your partner has compromised so that you could take up an opportunity.
42. There is an absence of affection in your relationship—you rarely kiss, touch, or smile at each other.
43. Your partner is coercive when it comes to sex.
44. Your partner sees themselves as having a much higher "mate value" than you. They think you're lucky to have them, but not the reverse.
45. Your partner keeps you at arm's length emotionally. You don't have a healthy sense of interdependence.
46. Your partner frequently compares you unfavorably to other people, especially friends' spouses or partners.
47. When you argue, it quickly escalates to ultimate threats—"If you don't ..., I'll ..."
48. You can think of several friends or colleagues whom you'd rather be in a relationship with.
49. Cheating.
50. The other "C" word, "Crazy." If you call each other "crazy" during arguments, it's a pretty bad sign. It shows that you're no longer willing to listen to each other's point of view because you've written it off as irrational.
51. Relationship violence.