

# A Healthy Relationship is shaped by RESPECT, EQUALITY, SAFETY, & TRUST

Behaviors & attitudes that fall into one of these categories can appear in one of two ways: as columns (sturdy, reliable, yay!) or shadows (empty, shifty, not yay.).



HOW TO KNOW?! Well, A Behavior or Attitude is PROBABLY...

a HEALTHY COLUMN of R.E.S.T. if

- ⌚ it's presented without condition, exception, or pressure, and
- ⌚ you can respond or act in a way you are comfortable with.

an UNHEALTHY SHADOW of R.E.S.T. if

- ⌚ it's only presented with conditions, exceptions, or pressure, and
- ⌚ it requires you to act or respond in a way you are uncomfortable with.