

HEALTHY

VERSUS

UNHEALTHY

COMPARING SIGNS YOU NEED TO BE AWARE OF

Being Yourself: You feel comfortable around the person you're dating

Control: Partner tells you what to do and seems very possessive about everything

Feeling Safe: Knowing your partner won't try to hurt your feelings or your body

Physical Abuse: Partner pushes you, hits you, or destroys your things

Equality: Sharing the power and effort and not bossing each other around

Unpredictability: Partner gets angry easily and don't know what will set them off

Support: Feeling cared for and respected; listening to each other

Pressure: Partner does not take no for an answer and uses threats