

**All relationships exist on a spectrum.**

**Check out the Relationship Spectrum to see where your relationship falls.**

ABUSIVE	UNHEALTHY	HEALTHY
<b>Communicates</b> in a way that is hurtful, threatening, insulting, or demeaning.	<b>Not communicating:</b> When problems arise, you fight or you don't discuss them at all.	<b>Communicating:</b> You talk openly about problems and listen to one another. You respect each other's opinions.
<b>Mistreats the other:</b> One partner does not respect the feelings, thoughts, decisions, opinions, or physical safety of the other.	<b>Disrespectful:</b> One or both partners is not considerate of one another.	<b>Respectful:</b> You value each other as you are.
<b>Accuses the other of cheating or having an affair when it's not true:</b> The partner who accuses may hurt the other in a physical or verbal way as well.	<b>Not trusting:</b> One partner doesn't believe what the other says, or feels entitled to invade their privacy.	<b>Trusting:</b> You believe what your partner has to say. You do not feel the need to "prove" each other's trustworthiness.
<b>Denies that the abusive actions are abuse:</b> An abusive partner may try to blame or make excuses for abusive actions.	<b>Dishonest:</b> One or both partners withholds information or tells lies.	<b>Honest:</b> You are honest with each other, but can still keep some things private.
<b>Controls the other:</b> One partner makes all decisions for the couple without the other's input.	<b>Trying to take control:</b> One partner feels their desires and choices are more important.	<b>Equal:</b> You make decisions together and hold each other to the same standard.
<b>Isolates the other partner:</b> One partner controls where the other one goes and who they talk to. They may isolate their partner from family and friends.	<b>Only spending time with your partner:</b> Your partner's community is the only one you socialize in	<b>Enjoying personal time:</b> You both enjoy spending time apart, alone or with others. You respect each other's need for time apart.
<b>Exerts economic control:</b> One partner controls the money	<b>Ignoring a partner's boundaries:</b> It is assumed only one partner is responsible for making informed decisions.	<b>Economic/financial partners:</b> You and your partner have equal say with regard to finances. Both partners have access to the resources they need