



RELATIONSHIPS

HEALTHY SIGNS & WARNING SIGNS

Our emotions and feelings are great indicators of when a relationship is mutually healthy, and equally when there may be cause for concern. When we feel great in a relationship it's likely that a range of healthy activities, thoughts and feelings are involved. When we feel negative, fearful or trapped, it's likely that there are signs the relationship may not be a good one for us to be in.

Consider the signs listed below and if you are concerned that some of the warning signs apply to your relationship, it's a good idea to talk to someone you trust (for example, a friend, family member, colleague, peer supporter, manager, EAP practitioner) for support.

HEALTHY SIGNS

- Open communication
- Shared values
- Mutual respect and trust
- Feeling safe
- Mutual affection and caring
- Having fun together
- Able to disagree without fighting
- OK to enjoy time apart
- Making important decisions together
- Healthy boundaries
- Realistic expectations
- Acceptance
- You inspire each other
- Active listening
- Appreciating others have different points of view
- Looking forward to seeing each other

WARNING SIGNS

- Guilt tripping
- Isolation from family and friends
- Gaslighting / manipulation
- Criticising
- Humiliating / embarrassing / belittling
- Lying
- Name-calling
- Verbal abuse
- Threatening or using force or violence
- Threatening self harm or suicide
- Laying blame
- Controlling behaviour
- Irrational behaviour
- Jealousy
- Abrupt mood changes
- Dreading spending time together
- Feeling fearful