

RELATIONSHIPS

From the moment we are born and throughout adulthood, we are exposed to a number of relationships, from family, friendships, school, work, and romantic relationships. Relationships bring us healthy positive experiences that add enrichment, self-worth, personal growth, and enjoyment to our lives. While even healthy relationships can result in a minor disagreements that often lead to frustration, these disagreements also result in compromise and bring communication and understanding in the relationship closer together. Often it is difficult to understand the difference between “healthy” and an “unhealthy” relationship.

Signs of “Healthy” Relationships

- Feeling secure & content
 - Treating each other with respect
 - Trusting & having faith in each other
 - Feeling OK to disagree & discuss your differences
 - Not being violent or threatening toward each other
 - Communicating openly & freely
 - Enjoying the time you spend together
 - Feeling secure, even if all the time is not spent together
 - Making individual healthy choices about the use of alcohol & drugs
 - Making decisions together
 - Listening & respecting each others viewpoints & feelings
 - Supporting & encouraging the other persons interests
 - Maintaining & encouraging other friendships
 - Having an interest in the other person’s life, such as family, health, school, work
 - If intimate, being honest & open about past sexual activity
 - If intimate, communicating & being open about their sexual relationship, needs, & feelings
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Signs of “Unhealthy” Relationships

Unhealthy relationships can make you feel uncomfortable, hurt, and even responsible. In unhealthy relationships, below are examples of how your partner:

- Acts jealous or possessive towards you
- Has to be in control
- Has a quick temper
- Assumes and insists in knowing how you feel
- Manipulates you
- Ignores your feelings
- Blames you for their behavior, anger, and depression
- Says you are “too sensitive” and you make a “big deal” out of something small
- Is hypersensitive to criticism or perceived criticism
- Has difficulty in identifying their own feelings and communicating them to you
- Refuses or is has difficulty in discussing, negotiating, and compromising with you
- Believes in stereotypical sex roles
- Views the opposite sex as “sex objects”
- Says things to you that make you feel badly
- Has unrealistic expectations of you or the relationship
- Uses alcohol, drugs, or other mod-altering substances-just to relax
- Pressures you to use alcohol or drugs-to relax
- Pressures you for sex
- Threatens you or others
- Has a past of fighting or anger
- Ridicules, criticizes, or puts you down
- Uses threats or physical force to discourage one from leaving the relationship

If you feel you are in an “unhealthy” relationship, find out what you can do by calling the Los Angeles County, Department of Mental Health at 1-800-854-7771