

# Healthy Relationships



Relationships are a large part of life, whether they be romantic, friendly, or familial—we can't get through it alone. Many relationships, however, may be unhealthy or have unhealthy tendencies which can have a negative impact on our mental and physical health. In this webinar, we'll be discussing characteristics of healthy and unhealthy relationships, setting and maintaining boundaries, strategies to build healthy relationships, and resources for those in unhealthy relationships.

## Characteristics of Healthy Relationships

- ◇ Mutual respect
- ◇ Trust
- ◇ Honesty
- ◇ Compromise
- ◇ Individuality
- ◇ Good communication
- ◇ Understanding
- ◇ Self-confidence
- ◇ Emotional regulation

## Characteristics of Unhealthy Relationships

- ◇ Control
- ◇ Hostility
- ◇ Dishonesty
- ◇ Disrespect
- ◇ Dependence
- ◇ Intimidation
- ◇ Physical violence
- ◇ Sexual violence

Even if your relationship seems healthy, it can be helpful at times to step back and reflect on improvements you can make together. By being willing to analyze your relationship, you can work together to build a more fulfilling partnership.



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To learn more about characteristics of healthy & unhealthy relationships, tune into the monthly Strive webinar!

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