



Healthy Relationships

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Green Flags in a Health Relationship

- ★ Respect
- ★ Consistency
- ★ Trust
- ★ Feeling emotionally and physically safe
- ★ Open communication
- ★ Personal accountability
- ★ Shared decision making
- ★ Accepting each other's right to say no and right to change their mind
- ★ Give/take balance
- ★ Person brings out your healthiest self.

Relationship Levels

- Acquaintances- causal relationship, public self.
- Peers- someone that you have something in common with (school, sports, activities).
- Friendship- someone you share experiences, values, feelings, and thoughts with.
- Talking/Situationship- Friendship with physical intimacy.
- Relationship/Dating Exclusively- both people in the relationship decide that the relationship is valuable, and they want to include the person in their daily life. Both people also accept responsibility for the relationship.

Gorski, T.T (1993) Getting Love Right: Learning the Choices of Health Intimacy.

Common Relationship Errors

- ◆ *Expecting too much*: Seeking passion over safety and end up being hurt (Compulsive).
 - Consequence: Pain
- ◆ *Expecting too little*: Choosing safety over passion (Apathetic).
 - Consequence: Isolation
- ◆ Expecting the relationship to remain unchanged.
- ◆ Expecting that the person will not hurt our feelings.
- ◆ Expecting the other person to be a mind reader.

People in Healthy Relationships:

- ❖ Know that safety and passion can co-exist.
- ❖ Choose the type of relationship they are ready for and want.
- ❖ Know they cannot control the other person's behaviors; however, they can control whether they want to continue the relationship.
- ❖ Understand flexibility: the person will make mistakes and so will you.
- ❖ Have Safety: Compromises are necessary but not at the expense of someone's safety, wellbeing, or personal deal breakers.

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