

Relationships: What is Healthy and What is Not

The information will help you think about the kind of relationship you have with your partner.

How do I know if my relationship is healthy?	How do I know if I'm in an unhealthy relationship?	How do I know if I'm in an abusive relationship?
<p><i>Sharing Feelings</i> Both partners feel safe and strong enough to tell each other how they really feel.</p> <p><i>Communicating</i> Both partners listen to and respect each other's point of view. They make decisions together.</p> <p><i>Disagreements</i> A couple has a disagreements and still talk respectfully to each other. They work things out together, so they both get what they need.</p> <p><i>Intimacy and Sex</i> Both partners can be honest about how they feel about being physical and having sex. Neither partner feels pressured to do anything he or she doesn't want to do.</p> <p><i>Time Alone</i> Both partners can spend time alone and think of this as a healthy part of the relationship.</p> <p><i>Verbal Abuse</i> A couple tries hard not to talk harshly to or about each other.</p> <p><i>Violence</i> There is no physical violence or threat of violence in the relationship.</p>	<p><i>Sharing Feelings</i> Partners feel awkward and don't tell each other how they really feel.</p> <p><i>Communicating</i> One partner ignores the other and doesn't respect different opinions</p> <p><i>Disagreements</i> Disagreements often turn into fights</p> <p><i>Intimacy and Sex</i> One partner is embarrassed to say how he or she feels or what he or she needs. This makes the person go along with things that he or she may not be comfortable with.</p> <p><i>Time Alone</i> One partner thinks there may be something wrong if the other person wants to do things without him or her. One partner tries to keep the other to him or herself.</p> <p><i>Verbal Abuse</i> There have been a few times harsh language was used in the relationship, but no clear pattern of abuse or violence.</p> <p><i>Violence</i> There is no clear pattern of abuse or violence.</p>	<p><i>Sharing Feelings</i> One partner is afraid to tell the other how he or she really feels. He or she is scared of getting "put down" or threatened.</p> <p><i>Communicating</i> One partner treats the other with disrespect. He or she ignores the other person's ideas and feelings or makes fun of him or her.</p> <p><i>Disagreements</i> One partner is afraid to disagree because he or she doesn't want the other person to get angry and violent. The disagreement is used as an excuse for abuse.</p> <p><i>Intimacy and Sex</i> One partner ignores the other person's needs and wants. The other partner is pushed into doing things that make him or her feel uncomfortable, afraid and ashamed.</p> <p><i>Time Alone</i> One partner doesn't let the other spend time doing things on his or her own because it is a threat to the relationship.</p> <p><i>Verbal Abuse</i> There is a pattern of increasing or ongoing verbal or psychological abuse (e.g. Not getting money, damaging belongings, threats to hurt or kill the person).</p>

		<p>Violence There is increasing or ongoing pattern of pushing, slapping, shaking, choking, punching, or forced sexual contact.</p>
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Domestic violence is a health issue. Your healthcare provider will talk about healthy relationships with you and may ask if domestic violence or abuse is a part of your life.

Knowing that you are in an unhealthy relationship or are having unwanted sex isn't always easy. If you have questions, or even if you aren't sure, talk to your healthcare provider or call the phone numbers listed below.

No one ever deserves to be the victim of abuse.

For 24/7 support, you can contact:

Family Violence Information Line in more than 200 languages at 310-1818

Connect Family & Sexual Abuse Network toll free in Alberta at 1-877-234-7233 domestic and relationship abuse, 1-877-237-5888 sexual abuse and sexual assault.

Nurse advice and general health information call Health Link at 811.

Author: Domestic Violence Program, Alberta Health Services

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Translated with permission from Alberta Health Services and is not intended to replace the advice of care you get from your provider or other healthcare professional. Always consult your health professional for medical diagnosis and treatment.