



## The Relationship Spectrum

### What is a healthy relationship?

Relationships can range from healthy to abusive, and some relationships may be unhealthy, but not abusive. Here's a breakdown of the relationship spectrum:



<b>A Healthy Relationship</b>	<b>An Unhealthy Relationship</b>	<b>An Abusive Relationship</b>
A healthy relationship means that both you and your friend are...	An unhealthy relationship starts when even just one of you is...	An abusive relationship starts when just one of you...
<b>Communicating</b> You talk openly about problems without shouting or yelling. You listen to one another, hear each other out, respect each other's opinions, and are willing to compromise.	<b>Not communicating</b> Problems are not discussed calmly, or not talked about at all. You don't listen to each other or try to compromise.	<b>Communicates abusively</b> During disagreements there is screaming, cussing, or threatening, or these things happen even when there is no argument. A friend is demeaning or insulting toward the other.
<b>Respectful</b> You value each other as you are. Culture, beliefs, opinions and boundaries are valued. You treat each other in a way that demonstrates the high esteem you hold for one another.	<b>Disrespectful</b> One or both you are inconsiderate toward the other. One or both you don't treat each other in a way that shows they care.	<b>Is disrespectful through abuse</b> A partner intentionally and continuously disregards your feelings and physical safety.
<b>Trusting</b> You both trust each other, and the trust has been earned.	<b>Not trusting</b> There is suspicion that your friend is doing things behind your back, or your friend is suspicious of your	<b>Falsely accuses the other of flirting or cheating</b> A friend suspects flirting or cheating without reason and accuses the other, often harming their friend verbally or physically as a result.
<b>Honest</b> You are both honest with each other but can still choose to keep		<b>Doesn't take responsibility for the</b>

<p>certain things private. For example, you both know that it is important to be honest about things that affect or involve the relationship/friendship and still know that it is also ok to keep certain things private.</p> <p><b>Equal</b> You make decisions together and you hold each other to the same standards.</p> <p><b>Enjoy Personal Space</b> You both enjoy spending time apart and respect when one of you voices a need for space.</p>	<p>loyalty without reason.</p> <p><b>Dishonest</b> One or both you are telling lies to each other or to other people about one another.</p> <p><b>Trying to take control</b> One or both of you sees their desires or decisions as more important. One or both of you is focused only on getting their own way.</p> <p><b>Feeling smothered or forgetting to spend time with others</b> So much time is spent together that one friend is beginning to feel uncomfortable. Or sometimes both friends spend so much time together that they ignore other friends, family or other things that used to be important to them.</p>	<p>abuse The violent or verbally abusive friend denies or minimizes their actions. They try to blame the other for the harm they're doing.</p> <p><b>Controls the other friend</b> There is no equality in the relationship/friendship. What one person says goes, and if the other friend tries to change this there is increased abuse/bullying.</p> <p><b>Isolates the other friend</b> One friend controls where the other one goes, who the other friend sees and talks to. The other friend has no personal space and is often isolated from other people altogether.</p>
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## Resources For You

- **Colorado River Regional Crisis Shelter**  
**-24 Hour Hotline 1-888-499-0911**
- **National Hotline**  
**-24 Hour Hotline 1-800-799-7233**  
**-www.thehotline.org**
- **Love is Respect**  
**-24 Hour Hotline chat and hotline**  
**-www.loveisrespect.org**  
**-1-866-331-9474**
- **Teen Line**  
**-6pm-10pm PST 1-800-TLC-TEEN (1-800-852-8336)**



**Colorado River Regional Crisis Shelter**  
**1301 Joshua Ave.**  
**Parker, AZ 85344**  
**(928) 669-8620**