This is the completed version, looking below, is there anything that you had not thought about? Compare the blank version you have completed with this one, what are your thoughts?

Healthy and Unhealthy Relationships

|  |  |
| --- | --- |
| **Healthy** | **Unhealthy** |
| Gives you complements | Name calling  Insults |
| Encourages you to do things that make you happy | Calling and sending texts all the time  Wanting to know where you are and what you are doing at all times |
| Happy for you to spend time with your friends and family | Wanting to spend all their time with you  Wants you to stop spending time with friends and family |
| Trusts you and doesn’t get jealous | Jealous when you talk to other people |
| Willing to talk and to work through issues  They listen to you when you say that you don’t want to do something | Criticises, puts you down  Makes you feel bad about yourself |
| Understands that you may not respond immediately | Gets mad when you don’t respond immediately |
| Makes you feel safe and happy  They are not aggressive ever | Makes you feel scared and unsafe  Gets physically aggressive |