



HEALTHY VS. UNHEALTHY RELATIONSHIPS



Healthy Love

- Allows for individuality
- Brings out partners' best qualities
- Accepts endings
- Experiences openness to change
- Invites growth in the partner
- Experiences true intimacy
- Finds pleasure in giving & receiving
- Does not try to change partner
- Does not try to control partner
- Accepts limitations of self & partner
- Does not seek unconditional love
- Has individual high self-esteem
- Trusts the memory of the partner
- Expresses feelings spontaneously
- Welcomes affection & closeness
- Believes in equality

Unhealthy Love

- Feelings consumed in the relationship
- Extremely afraid to let go
- Excessive fear of risk or change
- Little individual growth
- Few truly intimate experiences
- Playing mind games
- Trying to get something by giving
- Trying to change people
- Needing others to feel secure & happy
- Refusing to commit
- Repeatedly experience of negative feelings
- Being afraid of affection & closeness
- Cares with excessive detachment
- Frequent playing of "power games"
- Looking to others for self-worth

♥ *"Soul-mates are people who bring out the best in you. They are not perfect but they are always perfect for you."* - Unknown ♥