

HEALTHY vs UNHEALTHY RELATIONSHIP

Write an "H" if you feel the phrase describes qualities of a healthy relationship, and a "U" if you feel it describes an unhealthy relationship.

Your partner gets jealous whenever you are talking to other people	
Your partner is willing to sit down and talk whenever you disagree	
Your partner calls you names and makes you feel bad about yourself	
Your partner puts their hands on you whenever they get upset	
Your partner wants you to spend all your free time with them	
Your partner trusts you and doesn't get mad when you're with other people	
Your partner communicates assertively with you whenever they are upset	
Your partner listens to your needs	
Your partner pressures you into doing things that you don't want to do	
Your partner becomes upset whenever you tell them "no"	
Your partner is honest with you	
Your partner is supportive of your goals	
Your partner listens to you and respects your opinion	
Your partner doesn't want you hanging out with your friends anymore	
Your partner calls you multiple times a day and gets upset if you don't pick up	