



**Healthy Love Is..**

Caring,  
honesty, trust,  
respect,  
friendship,  
openness, hard  
work, pleasure,  
quiet times,  
exciting times,  
communication..

**Unhealthy Love Is...**

Fear, jealousy,  
violence,  
manipulation, pushing  
yourself aside, pain,  
expecting constant  
attention, intimidation,  
selfishness, mean  
jokes, name calling..