

THE RELATIONSHIP SPECTRUM



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-healthy- unhealthy- abusive-

All relationships exist on a spectrum from healthy to abusive, with unhealthy relationships somewhere in the middle. Explore our interactive Relationship Spectrum by rating different scenarios as healthy, unhealthy, or abusive and find out where your own relationship falls. If you recognize any of the warning signs, it may be an indication that your relationship is abusive. Create a safety plan or call us to connect with an advocate to confidentially discuss your situation and explore available options.

Healthy

A healthy relationship means both you and your partner are:

- Communicating
- Respectful
- Trusting
- Honest
- Equal
- Enjoying personal time away from each other
- Making mutual choices
- Economic/financial partners

Unhealthy

You may be in an unhealthy relationship if your partner is:

- Not communicating
- Disrespectful
- Not trusting
- Dishonest
- Trying to take control
- Only spending time together
- Pressured into activities
- Unequal economically

Abusive

Abuse is occurring in a relationship when one partner is:

- Communicating in a hurtful or threatening way
- Mistreating
- Accusing the other of cheating when it's untrue
- Denying their actions are abusive
- Controlling
- Isolating their partner from others