

# the relationship spectrum

All relationships exist on a spectrum from healthy to abusive with unhealthy somewhere in the middle.

## Healthy

relationships are based on equality and respect.

Respect  
Good communication  
Trust  
Honesty  
Equality

You make decisions together and can openly discuss whatever you're dealing with, like relationship problems and sexual choices. You enjoy spending time together but can be happy apart.

## Unhealthy

relationships are based on attempts to control the other person.

Breaks in communication  
Pressure  
Dishonesty  
Struggles for control  
Inconsiderate behavior

One person tries to make most of the decisions. He or she may pressure their partner about sex or refuse to see how their actions can hurt. In an unhealthy relationship, you feel like you should only spend time with your partner.

## Abusive

relationships are based on power and control.

Accusations  
Blame shifting  
Isolation  
Pressure  
Manipulation

One person is making all of the decisions -- about sexual choices, friend groups, boundaries, even what's true and what's not. You spend all of your time together and feel like you can't talk to other people, especially about what's really happening in your relationship.