**Keys to a Healthy Relationship**

- Recognize your own worth & what is healthy for you,
- Be aware of all aspects of your partner’s personality,
- You have the ability to say “NO” to unhealthy negativity & “YES” to the positive self-esteem you deserve.

**Warning signs:**
- hurtful things are being said, especially if they say they are just joking
- betrayal of your trust
- break agreements
- lies, lies, lies
- extreme jealousy
- addicted to or abuses alcohol or drugs
- have a secret or shady past
- have temper outbursts
- get into fist fights
- hit or threaten you
- have hit former partners
- verbally abuse you
- give orders or tell you what to do

A healthy relationship ISN’T when your partner:
- says it is
- says they need you more than anything
- says they would die without you
- says they can love you better than anyone else
- says they want to show you off
- says you belong together
- says you wouldn’t understand—and won’t give you a chance to
- says they love you so much they...
  - don’t want to see you talking to another guy or girl
  - don’t want you out of their sight

Evaluate your own relationships:
- Does your partner express an interest in your thoughts, ideas and achievements?
- Do you truthfully feel good and nourished after spending time with this person?
- Are your conversations deep, interesting, and satisfying?
- Do you share some secrets? Have your secrets been kept secret?
- Is your partner tense—or relaxed?
- Are your values similar?
- Is your partner accepting if you disagree?
- Is your partner generally happy—or depressed?
- Is your partner pleasantly outgoing—or withdrawn?
- Is your partner natural in conversations with others— or do they put on a show?
- Does your partner tell you what to do?
- Does your partner hear what you say—and honor that?

Just because someone says it's love doesn't mean it is. Look at their actions, not just their words - and trust your instincts!