



## Signs of a Healthy Relationship

When someone truly cares about you, you feel **safe, respected and free to be yourself**. You shouldn't be made to feel scared, intimidated, or controlled in your relationship.

Does your partner:

- Express happiness that you have other friends (even those you do not share in common)?
- Ask for or consider your opinions?
- Both talk and listen to you?
- Have a good relationship with their family?
- Have at least a few good, close friends?
- Have interests beside you?
- Respect your right to make decisions affecting your own life?
- Accept responsibility for their actions rather than blaming failures on you?
- Respect your feelings and opinions?
- Accept you saying no to things you don't want to do (like sex)?
- Accept when you change your mind?
- Respect your wishes if you want to end the relationship?
- Is your partner willing to compromise?
- Does your partner let you feel comfortable being yourself?
- Is your partner able to admit to being wrong?
- Does your partner try to resolve arguments and conflict by talking honestly?
- Do you feel safe being with your partner?

Answering 'no' to any of these questions does not automatically mean that you are in an unhealthy and/or abusive relationship. However, if you are unsure, you can call your local domestic violence program or hotline to talk about what is happening in your relationship. Find your local program at <http://ccadv.org/find-help/programs-by-county/>