

USU SAAVI Office  
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## Healthy vs. Unhealthy Relationships

### Healthy

- **Respect**
- Trust
- Honesty
- Positive Communication
- Compromise & Negotiation
- Shared Conflict Resolution
- Support
- Humility
- Takes Personal Responsibility for Feelings & Actions
- Kindness
- **Shared Power**
- Gives Affection
- **SAFETY**

### Unhealthy

- **Disregard**
- Jealousy & Insecurity
- Unpredictability & Confusion
- Strained & Negative Communication
- Force or Coercion
- One-Way Resolution
- Selfishness
- Pride
- Blames Others for Feelings & Actions/Lack of Responsibility
- Criticism or Deliberate Silence
- **Control or Dominance**
- Withholds Affection
- **FEAR**