

<b>Being in a healthy relationship means ...</b>	<b>If you are in an unhealthy relationship ...</b>
Loving and taking care of yourself, before and while in a relationship.	You care for and focus on the other person only or you focus on yourself solely & neglect your partner.
Respecting individuality and differences. Both are allowed to "be themselves."	You feel pressure to change to meet the other person's standards, you are afraid to disagree, and your ideas are criticized. Or, vice versa.
Doing things with friends and family and having activities outside of the relationship.	You neglect your other relationships and/or one of you has to justify what you do, where you go, who you see.
Discussing things, allowing for differences of opinion, and compromising equally.	One of you makes all the decisions and controls everything without listening to the other's input.
Expressing and listening to each other's feelings, needs, and desires.	One of you feels unheard and is unable to communicate what you want.
Trusting and being honest with yourself and each other.	You lie to each other and find yourself making excuses for the other person.
Respecting each other's need for privacy.	You don't have any personal space and have to share everything with the other person.
Sharing sexual histories and sexual health status with a partner.	Your or your partner misrepresents your/their sexual history or STD status
Practicing safer sex methods.	You feel scared to ask your partner to use protection or s/he has refused safer sex practices or vice versa.
Respecting sexual boundaries and being able to say no to sex.	One partner has forced the other to have sex or a partner has had sex when s/he didn't really want to.
Resolving conflicts in a rational peaceful, and mutually agreed upon way.	One of you yells, hits, shoves or throws things during arguments.