

# THE RELATIONSHIP SPECTRUM

sjukast.is

## HEALTHY RELATIONSHIPS

Built on equality and respect

- Open communication
- Respect
- Trust
- Honesty
- Being equals
- Care

## UNHEALTHY RELATIONSHIPS

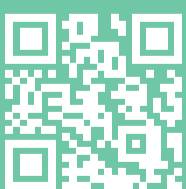
Built on one person trying to control the other

- Inconsiderate
- Power struggles
- Jealousy
- Dishonesty
- Extreme mood swings
- Controlling

## ABUSIVE RELATIONSHIPS

Built on control and the use of force

- Accusations
- Threats
- Isolation
- Coercion
- Control
- Humiliation



The relationship spectrum ranges from healthy to unhealthy relationships and to abusive relationships. **Where does your relationship fall on the spectrum?**

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