

## Healthy vs. Unhealthy Relationships

What Is Healthy?	What Is Unhealthy?
Open and honest communication	Game-playing and manipulative communication
Having friends outside of the relationship	Few friendships other than with one's romantic partner
Taking responsibility for the outcome of one's own life and happiness	Making others responsible for one's happiness
Having one's own identity	Feeling complete only when involved with someone else
A balance of time together and time apart	Too much time together or too much time alone
Emotional intimacy that is built without drugs or alcohol	Use of alcohol or drugs to achieve false connection
Appropriate level of commitment in the relationship	Over- or under-commitment (based on the length of the relationship so far)
Flexibility in the relationship	Rigidity in the relationship
Knowing what one needs	Being clueless as to what one needs
Asking for what one needs	Afraid to express what one needs

**Taken from *How to Spot a Dangerous Man Before You Get Involved*  
by Sandra Brown, MA**