

Healthy Relationship....or NOT?

The following scenarios can apply both to friendships or romantic relationships. Take a good look at your relationship style. Do any of these Red Flags sound familiar?

- ❖ If so, be honest with yourself and choose to improve. Work to be a good friend. You will have true friendships and happy relationships if you treat people respectfully and avoid trying to control them.
- ❖ If you are involved in a relationship with someone who exhibits these red flags consistently, understand that your relationship may not be a true friendship.
- ❖ Surround yourself with pro-social friends who lift you up instead of drag you down; minimize time spent with peers who try to control you instead of enjoy you.
- ❖ Remember, if you let them know you won't put up with these red flags, they may develop more pro-social friendship skills in order to save the friendship.

Watch out for Relationship Red Flags:

- ❖ He/she makes promises and talks a lot, but doesn't follow through.
- ❖ He/she orders you around and punishes you by being mean if you don't comply.
- ❖ He/she makes all the decisions, all the time.
- ❖ He/she talks about you behind your back....publicly or secretly.
- ❖ He/she tells lies about you to your friends in order to manipulate them and you.
- ❖ You lose your other friends because you're being monopolized by this person.
- ❖ He/she tries to make you feel bad about yourself by making fun of you or insulting you.
- ❖ He/she tells you who you can be friends with or not.
- ❖ He/she uses bribes....like trips or giving you things, etc....to control you and keep you as a friend.
- ❖ You do what your friend wants because you are afraid he/she will cause trouble if you don't.
- ❖ He/she blames you for all problems and never takes responsibility for them.
- ❖ He/she disrespects your family and/or the time you wish to spend with them.
- ❖ He/she posts or says mean things then says he/she is just teasing.

Signs of a Relationship that WORKS!

- ❖ He/She RESPECTS you for who you are.
- ❖ He/She listens to you instead of just doing all the talking.
- ❖ He/She supports you in both your successes and your failures.
- ❖ His/her word means something; you can depend on him/her.
- ❖ You can disagree with him/her without losing the friendship.
- ❖ Your feelings matter to him/her.
- ❖ He/she respects your privacy and gives you space when you need it....without pouting.
- ❖ You can hang out with other friends without him/her getting mad and punishing you with nasty remarks, silent treatment, etc.
- ❖ He/she gives compliments, not put-downs, online and in person.
- ❖ He/she takes responsibility for his/her own actions instead of blaming you.
- ❖ He/she can admit to being wrong sometimes.
- ❖ When he/she accidentally hurts your feelings, he/she sincerely apologizes and doesn't make the same mistake twice!
- ❖ He/she works to make things right if he/she screws up.

