

THE SPECTRUM OF RELATIONSHIPS:

© Copyright - The National Domestic Violence Hotline

All relationships exist on a spectrum ranging from healthy to abusive. Be cautious of the "purple flags" that may be signs of an unhealthy relationship.



Communicating:

You talk openly about problems and listen to each other.

Respectful:

You value each other as you are & respect each other's opinions.

Honest:

You are honest with each other, but can still keep some things private.

Equal:

You make decisions together & hold each other to the same standard.

Personal Time:

You enjoy spending time apart, alone, or with others. You respect each other's need for time apart.

Mutual Sexual Choices:

You talk openly about sexual & reproductive choices together. All partners willingly consent to sexual activity & can safely discuss what you are and are not comfortable with.

Not Communicating:

When problems arise, you fight or don't discuss them at all.

Disrespectful:

One or more partners is not considerate of the other(s).

Not Trusting:

One partner doesn't believe what the other says, or feels entitled to invade their privacy.

Dishonest:

One or more partner(s) tells lies.

Trying to Take Control:

One partner feels their desires & choices are more important.

Only Spending Time with your partner:

Your partner's community is the only one you socialize in.

Pressured into sexual activity:

One partner uses pressure or guilt on the other to have sex or do anything sexual at any point.

One partner communicates:

In a way that is hurtful, threatening, insulting, or demeaning.

Mistreating:

One partner fails to respect the feelings, thoughts, decisions, opinions, or physical safety of the other(s).

False Accusations:

One partner consistently falsely accuses the other of cheating.

Denial of Abusive Actions:

One partner attempts to blame the other for the harm they are doing, or make excuses for their abusive actions to minimize the abusive behavior.

Controlling:

There is no equality in the relationship. One partner makes all the decisions.

Isolation:

One partner controls where the other goes & who they talk to.

Forced sexual activity or pregnancy:

One partner forces the other into sexual acts or into becoming pregnant.