



The Relationship Spectrum

From Healthy to Abusive

All relationships exist on a spectrum from healthy to abusive, with unhealthy relationships somewhere in the middle.

This Relationship Spectrum is shared by **love is respect**, a project of the National Domestic Violence Hotline, offering 24/7 information, support, and advocacy to young people who have questions or concerns about romantic relationships.

love is respect is a safe space for young people to access help and receive resources to promote healthy relationships and prevent future abuse.

If you're in an unhealthy or abusive relationship, it's important to talk to someone you trust. Set clear boundaries with your partner and seek professional help, such as therapy, to address unhealthy behaviors. The EAP is here for you; reach out for further support.

For immediate assistance:
loveisrespect.org: 866.331.9474

Healthy Relationships

Healthy relationships are built on respect, trust, communication, and equality. Partners support each other, maintain their independence, and share mutual goals. Signs of healthy relationships include:

- Respect
- Equality
- Boundaries
- Trust
- Support
- Communication

Unhealthy Relationships

Unhealthy relationships show signs of imbalance or frustration. Warning signs include:

- Poor Communication
- Jealousy
- Controlling Behavior
- Dishonesty
- Lack of Support
- Disrespect
- Emotional Distance
- Frequent Arguments

Abusive Relationships

Abuse in any form is never acceptable. Signs of an abusive relationship include:

- **Physical Abuse:** Hitting or harming the other person
- **Verbal Abuse:** Name-calling, humiliation, or belittling
- **Emotional Abuse:** Manipulating emotions
- **Sexual Abuse:** Coercion or pressure for sexual activity
- **Isolation:** Separate the partner from family or friends
- **Intimidation and Threats:** Using fear to control a partner
- **Blame-Shifting:** Refusing to take responsibility for actions
- **Constant Control:** One partner makes all major decisions