

Appendix R

Healthy versus Unhealthy Relationships

What Is Healthy?	What Is Unhealthy?
<ul style="list-style-type: none">• Open and honest communication	<ul style="list-style-type: none">• Game-playing and manipulative communication
<ul style="list-style-type: none">• Having friends outside the relationship	<ul style="list-style-type: none">• Having few friends outside the relationship
<ul style="list-style-type: none">• Taking responsibility for the outcome of your life and happiness	<ul style="list-style-type: none">• Making others responsible for your happiness
<ul style="list-style-type: none">• Having your own identity	<ul style="list-style-type: none">• Feeling complete only when involved with someone else
<ul style="list-style-type: none">• A balance of time together and time apart	<ul style="list-style-type: none">• Too much time together or too much time alone
<ul style="list-style-type: none">• Emotional intimacy that is built without drugs or alcohol	<ul style="list-style-type: none">• Use of alcohol or drugs to achieve false connection

Healthy versus Unhealthy Relationships

What Is Healthy?	What Is Unhealthy?
<ul style="list-style-type: none">• Appropriate level of commitment in the relationship	<ul style="list-style-type: none">• Over- or under-commitment (based on the length of the relationship so far)
<ul style="list-style-type: none">• Flexibility in the relationship	<ul style="list-style-type: none">• Rigidity in the relationship
<ul style="list-style-type: none">• Knowing what you needs	<ul style="list-style-type: none">• Being clueless as to what you need
<ul style="list-style-type: none">• Asking for what you need	<ul style="list-style-type: none">• Afraid to express what you need

The above material was taken from Sandra L. Brown, *How to Spot a Dangerous Man before You Get Involved* (Alameda, CA: Hunter House Inc., 2005), 204.