

Appendix R

Healthy versus Unhealthy Relationships

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

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