



# When you think about the health of your relationship, are you in the **green**, **yellow**, **orange**, or **red** zone?

If you'd like to talk, we're here to listen.  [CFMWS.ca/healthyrelationships](https://CFMWS.ca/healthyrelationships)

HEALTHY	STRUGGLING	UNHEALTHY	ABUSIVE
<ul style="list-style-type: none"><li>• Equality</li><li>• Respect</li><li>• Trust</li><li>• Communication</li><li>• Safety</li></ul>	<ul style="list-style-type: none"><li>• Pressure</li><li>• Dishonesty</li><li>• Lack of communication</li></ul>	<ul style="list-style-type: none"><li>• Manipulation</li><li>• Guilt and shame</li><li>• Isolation</li></ul>	<ul style="list-style-type: none"><li>• Control</li><li>• Volatility</li><li>• Violence</li></ul>
<p>The relationship supports each partner's balance, wellbeing and sense of self. There is joy, peace, predictability and self-esteem. Partners have similar feelings about their relationship.</p>	<p>The relationship changes from a place of relative stability and predictability to a place of tension and uncertainty.</p>	<p>The relationship affects and disrupts a partner's balance, well-being, and sense of self. There is isolation, guilt, shame, unpredictability, and low self-esteem.</p>	<p>Within the relationship, emotional, verbal, sexual, physical, financial, and/or social harm are occurring. This is known as intimate partner violence. The relationship is unhealthy and unsafe.</p>

# Where does my relationship stand?



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	HEALTHY	STRUGGLING	UNHEALTHY	ABUSIVE
How does the relationship feel?	Secure Safe Comfortable	Unsettled Uncertain	Insecure Hyper-vigilant	Unsafe Fearful
How do we talk to each other?	Respectfully Active listening	Ignoring opinions Cold or distant	Harsh comments Mocking Isolating or avoiding Disrespectfully	Intimidating Belittling Name calling
How do we treat each other?	Encouraging Caring for self Supporting dreams	Ignoring Discouraging	Demeaning Controlling Rejecting	Manipulating Hurtful Ridiculing
How are we intimate with each other?	Consensual Mutual fulfillment No pressure	No clear consent Passive manipulating	Guilt Coercion Degrading and shame	Nonconsensual violence and force

# Where does my relationship stand (continued)?



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	HEALTHY	STRUGGLING	UNHEALTHY	ABUSIVE
<b>How is our social life and network?</b>	Network of friends and family Pursuing own interests	Tense with friends and family Withdrawing from social situations Questioning whereabouts	Friends and family are concerned Avoiding social interactions Isolating from friends Surveilling (social media, in-person)	Preventing social engagements Family and friends feel unsafe
<b>How does our family get along?</b>	Secure attachment Involvement in each other's lives Strong and clear boundaries	Limited engagement and time for family Inconsistent parenting	Tension Comparing and criticizing children Uninvolved in each other's lives	Scolding and intimidation Harsh verbal punishment Physical punishment
<b>How do we handle money issues?</b>	Sharing financial resources and decisions Transparency	One-sided financial decisions and spending Scrutinizing spending	Restricting spending Limiting/not sharing financial information	Moving money to prevent access Blocking access
<b>How do we show anger?</b>	Talking out problems Taking a break	Yelling Silent treatment	Indirect violence (breaking things, destroying property, slamming doors) Threatening violence (property, pets)	Direct violence (shoving, grabbing, shaking, hitting) Harming pets