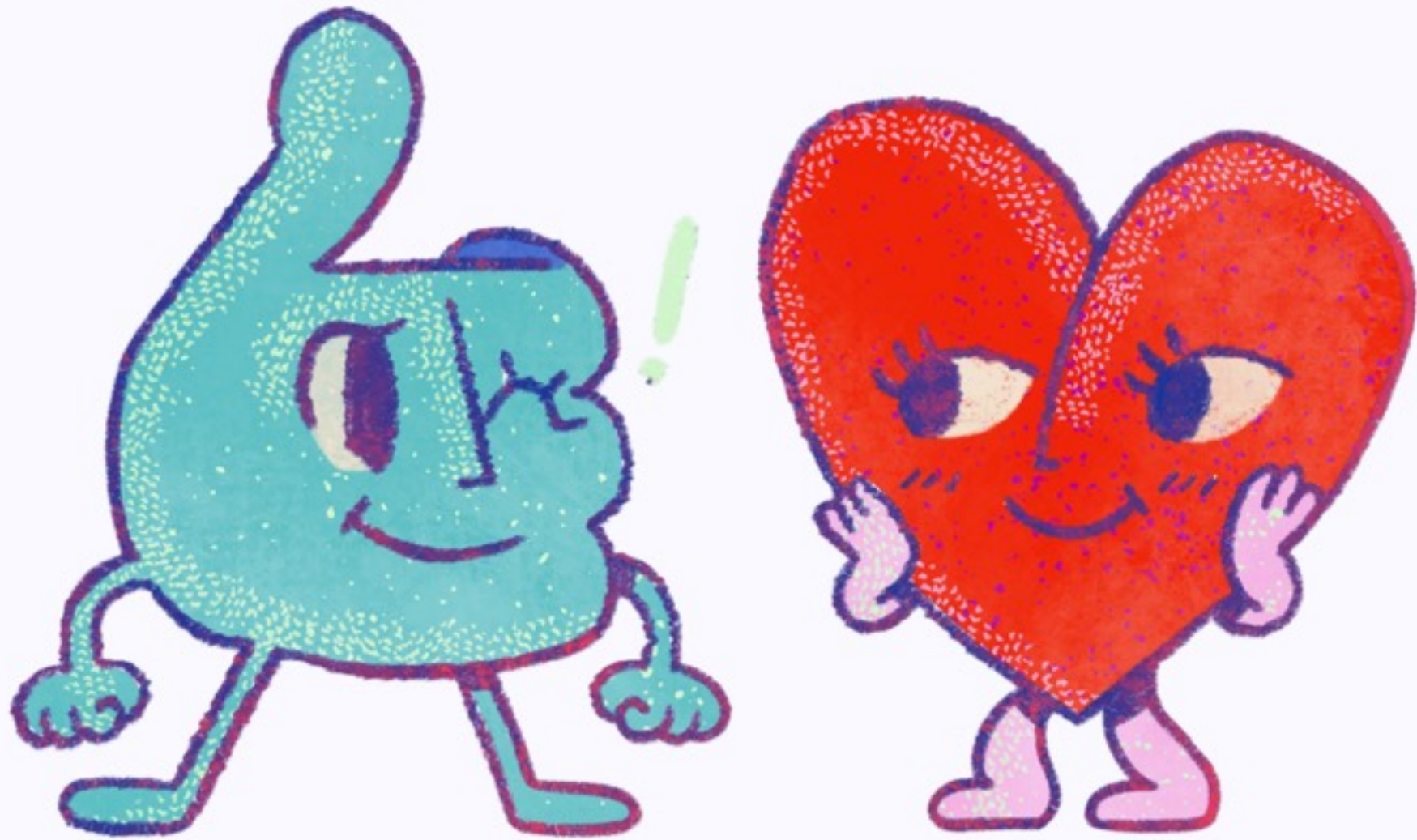


# WHAT MAKES A RELATIONSHIP HEALTHY?





# MYTH VS. FACT



**MYTH:** "Jealousy means they really care about you."

**FACT:** Jealousy is a feeling. Acting on it by controlling, monitoring, or isolating a partner is not love. This should act as a warning sign.



# WHY THIS MATTERS

Healthy relationships are built. This is not something that just happens.

The patterns you establish in your first relationships shape what feels 'normal' to you for years. Learning what to look for early makes an enormous difference.

**This applies to: romantic relationships, friendships, family dynamics, and online connections.**





# THE FOUNDATIONS



Healthy relationships are built on four things:

1. **Trust:** you believe in each other's honesty and intentions
2. **Communication:** you can say what you feel without fear of punishment
3. **Mutual respect:** you value each other as individuals, not possessions
4. **Boundaries:** both people's limits are known and honored

All four can be learned and practiced. None of them should require constant fighting for.



# GREEN FLAGS

Green flags: signs of a healthy relationship:

- You feel **comfortable** being yourself around them
- They celebrate your **successes** rather than feeling threatened
- **Disagreements** get resolved, and not weaponized
- You have **space** for your own friends, interests, and time
- You feel **better** about yourself, not worse, after being around them
- They **apologize** when they're wrong and mean it
- You **trust** them without needing to verify constantly





# RED FLAGS



Red flags: signs worth paying attention to:

- **Jealousy** used to justify controlling behavior
- **Checking** your phone, location, or social media without permission
- **Putting you down** privately or in front of others
- **Guilt-tripping** you for spending time with friends or family
- Explosive **anger** when you disagree
- Extreme **intensity** very early ("you're my whole world" in week two)
- Making you feel **responsible for their emotions**



# HEALTHY VS. UNHEALTHY COMPARISON

## Healthy

"I missed you"

Disagreement → compromise

"I trust you"

Space for other friendships

Apologizes genuinely

Celebrates your wins

## Unhealthy

"Where were you, why didn't you text back immediately"

Disagreement → punishment or shutdown

Checking your location / phone

"Why do you need friends when you have me?"

Always finds a way to make it your fault

Feels threatened by your success





# RELATIONSHIPS WITH YOURSELF



**How you treat yourself sets the standard for how you allow others to treat you.**

- Knowing your own **values** helps you recognize when something feels wrong
- Feeling **complete** on your own makes you less likely to stay in something unhealthy out of fear
- **Self-respect** isn't about being confident all the time. It's about knowing you deserve basic kindness

**Healthy self-relationship = better relationships with others.**