

# PEACE AT HOME FAMILY SHELTER

## RELATIONSHIP SIGNS

# HEALTHY

VERSUS

# UNHEALTHY

## UNHEALTHY RELATIONSHIP SIGNS

Intensity  
Possessiveness  
Manipulation  
Isolation  
Sabotage  
Belittling

Guilting  
Volatility  
Deflecting  
Responsibility  
Gaslighting  
Betrayal

## HEALTHY RELATIONSHIP SIGNS

Comfortable Pace  
Trust  
Honesty  
Independence  
Respect  
Equality  
Fun

Kindness  
Healthy Conflict  
Consent  
Strong  
Communication  
Taking  
Responsibility