Is your relationship healthy?

Sometimes it's hard to know if you're in a healthy relationship. This can include a romantic partner, friend or family member.

KNOW THE GOOD
Some signs of a healthy relationship include:

- You feel good about yourself when you're around that person.
- You feel safe telling them how you feel about things.
- They listen to you, and you listen to them.
- You feel valued by them.
- You trust them, and don't think they would do something to betray you.
- You can disagree or argue, but you don't insult each other. Neither person uses personal attacks.

UNSAFE SIGNS
Ask yourself whether you see any of these signs of an unhealthy or abusive relationship:

- They say hurtful things to you. They make you feel bad about yourself.
- They stop showing love or care when they are mad.
- They blame you for feeling bad about something they did or said. They may say you're "too sensitive," or, "you made me do it."
- They hurt you physically, such as pushing or hitting.
- They keep you from seeing family or friends.
- They threaten you or try to control you. They want you to fear them.

If you're not sure if you're in an abusive relationship at home, reach out for help. Call the National Domestic Violence Hotline at 1-800-799-7233 or go to **thehotline.org**.