



Recognizing Healthy Love

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Healthy Relationship	Unhealthy Relationship
No fear of abandonment, rejection, or ridicule	Fear of being oneself, a need to be guarded, hypervigilant
Equal power in the relationship; no one controls or dominates the other; each can say “no” without the other taking it personally	One partner controls the relationship; makes major decisions with little or no input from the other; lack of agreement by other partner is considered a personal rejection or attack
Feelings are valued, not discounted or minimized	No expression or discussion of feelings, especially about problems or inappropriate behavior
Sensitivity to partner’s needs without neglecting one’s own needs; some needs met outside of the relationship	No acknowledgement or consideration of partner’s needs; or on the contrary being hyper-focused on the needs of a partner; unrealistic expectation that one’s partner will meet all needs
Conflict occurs often enough to deal with problems as they develop; each party is heard, respected and able to accept that each can agree to disagree	Conflict is not allowed or involves disrespectful and abusive behavior; winning takes precedence over mutual resolution of the issue at hand.
Ability to confront and successfully resolve issues including those involving the other party; each person takes responsibility for his or her behavior and contribution to the problem	Confrontation is personalized by the other party especially when it directly involves his or her behavior; responds to accountability by manipulating, attacking, and /or holding the other party responsible for the problem
Listening to each other, discussing dreams and common vision for the future; emotional intimacy	Parallel, disconnected conversations without hearing what the other has to say; no emotional connection or common goals
Emotional and physical faithfulness; the relationship is a priority	Unfaithfulness which may be manifest by emotional physical affairs, addictions, work, sports, or other activities that result in neglect and abandonment of the relationship
Trust in the partner and the relationship; trust that partner will be emotionally present, dependable, loyal, faithful and appropriate	Little or no trust that partner will remain faithful, appropriate, emotionally available or reliable

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