



RELATIONSHIPS 101



WHAT MAKES A RELATIONSHIP HEALTHY?

In a respectful relationship, you and your partner:

- Listen to one another in a non-judgmental way
- Value each other's opinions
- Attempt to understand & affirm the other's thoughts, feelings and emotions

In an open and honest relationship, you & your partner:

- Communicate without worrying that the other will get angry
- Take the time & space to think something through before you are ready to talk about it
- Don't wait for the other to guess what's going on with you

To maintain honesty and trust, you and your partner:

- Acknowledge that it is difficult to trust someone when one of you isn't being honest

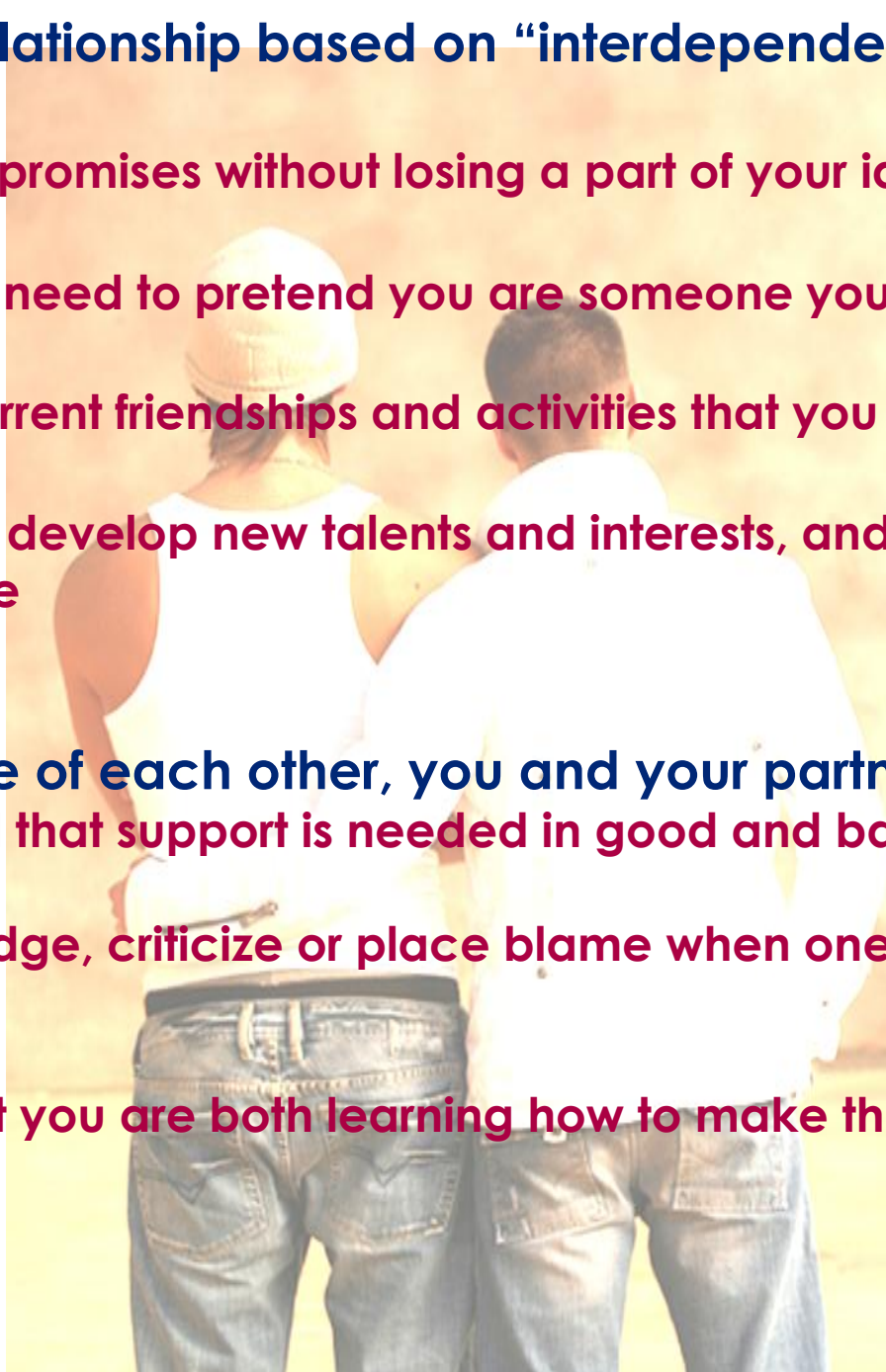


To develop a relationship based on “interdependence” you & your partner:

- Make compromises without losing a part of your identity
- Don't feel a need to pretend you are someone you are not
- Maintain current friendships and activities that you enjoy
- Continue to develop new talents and interests, and move forward with your life

To be supportive of each other, you and your partner:

- Understand that support is needed in good and bad times
- Try not to judge, criticize or place blame when one of you makes a mistake
- Realize that you are both learning how to make the relationship work





**WHAT MAKES
A
RELATIONSHIP
UNHEALTHY?**



A RELATIONSHIP IS UNHEALTHY WHEN YOU OR YOUR PARTNER:

- Are mean, disrespectful, controlling, verbally or physically abusive, jealous or possessive
 - Continually “check up” on what the other is doing
 - Use threats or physical force to discourage the other from leaving the relationship
 - Don’t take each other’s thoughts and ideas seriously
 - Ignore your partner’s feelings
 - Worry about how your partner will react to things you say or do
 - Ridicule or criticizes your partner
 - Place blame on your partner for your behavior, anger or depression
 - Pressure your partner for sex
 - Think of your partner as primarily a sex object
 - Attempt to manipulate or “guilt trip” your partner
 - Are violent towards your partner, others or inanimate objects
 - Have to be in control
 - Lose your temper quickly and often
 - Tell your partner they are too sensitive
 - Pressure your partner to use alcohol, drugs or other mood-altering substances to relax
 - Believe in ridged stereotypical gender roles
 - Have unrealistic expectations of your partner or the relationship
 - Feeling the need to spend all free time with each other and letting go of close family and friends
 - Are hypersensitive to criticism
- 

**IF YOU OR A LOVED ONE ARE INVOLVED IN AN
UNHEALTHY RELATIONSHIP, HELP IS AVAILABLE AT UNH:**

Sexual Harassment and Rape Prevention Program (SHARPP)

603-862-7273

Or

(866) 233-Rape (7273)

www.unh.edu/sharpp

The Counseling Center

(603) 862-2090

www.unhcc.unh.edu

Office of Health Education and Promotion

Health Services

(603) 862-3823

www.unh.edu/health-services



MAINTAIN HEALTHY RELATIONSHIPS WITH THESE RESOURCES AT HEALTH SERVICES

Stop by the Business Office at Health Services to buy your partner a gift certificate for a 50 minute massage at Health Services for only \$35 /traditional and \$45/hot stone (student rate)!

Visit the Resource Library at Health Services to check out videos and books on relationships, sex and other wellness topics!

Have safer sex! Pick up free condoms, dental dams and lubricant from Room 249 in Health Services!

Attend a free Yoga class together.

Wednesdays and Fridays from 12:00 noon to 1:00pm in the Wildcat Den, MUB

For more information on relationships and services available at Health Services, visit us online at www.unh.edu/health-services

