



Wellness & Safety

Positive Relationships

Relationships are the foundation of who we are. Through our lives, they shape us and create memories. There are many kinds of relationships, including work, friends, family, professional, and romantic. Healthy relationships bring us closer to who we are and the kind of person we want to be. Toxic relationships, however, distance us from ourselves and the kind of person we strive to be. What are the qualities of a healthy relationship, and what are the qualities of a toxic relationship?

A healthy relationship creates a space for each person to grow and be their best selves. People in a positive relationship take a shared interest in one another, share experiences, and respect and accept one another. Having a healthy relationship does not mean there are never disagreements or hardships. In a positive relationship, good communication is required to get through conflicts.

<i>Healthy Relationships</i>	Toxic Relationships
<ul style="list-style-type: none"> • Practices boundaries/ accepts one another's boundaries • Encourages one another • Is supportive of the other's goals • Clear communication • Respects differences • Feels safe • Has trust • Listens 	<ul style="list-style-type: none"> • Fuels fear • Controlling of the others actions • Ignores boundaries • Untrusting • Often criticizes or judges • Manipulative or deceitful • Physically Abusive • Mentally or emotionally abusive • Creates a feeling of fear

If you are tired of drama, then you are the drama. Remember, drama requires your emotional participation. – Bryant McGill