

What should a **HEALTHY** relationship feel like?

HEALTHY relationship

HARMFUL relationship



You feel safe and comfortable



You feel unsure and unsafe – like you're walking on eggshells



You feel loved and supported



They limit your social life and isolate you from friends and family



You are in control of where you go and how you spend your time



They won't let you go out without them or their permission



You can share your opinion without fear



Your location is constantly tracked without your consent



You can be your true self and feel appreciated and valued



Your sense of self and confidence is broken down



Your partner has your best interests at heart



You are constantly humiliated and criticised



You can be open and emotionally vulnerable



Your sanity, memory and sense of reality is constantly questioned



You can make decisions freely



You are treated like a possession

It's important to know there's no place for controlling behaviours in a **HEALTHY** relationship.

If you notice a pattern of manipulation and unhealthy behaviours in your relationship – you might be experiencing domestic and family violence and coercive control.