

Define Relationship:

<b>Healthy</b>	<b>Unhealthy</b>
Communication-events/activities work, positive, love not judgement, "I" statements not "You" statements,	Mean-unkind words, not helping, tone, body language, actions
Patients/Understanding/Empathy	Impatient
Kind	Judging, blaming
Loyalty-they have your back	Abuse-verbal, mental or physical
Trust	No trust
Respect	Disrespectful
Equal	Pressure or force
Enjoying personal time	Controlling