Healthy Relationships

We can develop healthy relationships with anyone. In healthy relationships, we are:
Able to be ourselves, we are able to express ourselves, we feel connected and supported and we feel safe.

We are continuously forming relationships with others –
some healthy, and some not so healthy.

This can serve as a guide to what healthy and unhealthy relationships can look like and how they make us feel. Let this help to be a reminder of what you deserve in a relationship because there are so many relationships to be made!

1. Identify the different types of relationships that you are a part of, including family relationships, friendships, dating relationships, mentorships, and any other relationships you can think of!

2. Brainstorm a list of healthy qualities that you value in your relationships. Some examples are: Respect, communication, sharing, humor, kindness, good listener, great hugger, etc.

3. Think of each of the relationships you have in your life and the qualities they have that let you know that you have a healthy relationship with them.
   a. Do the people in your life have similar qualities that you brainstormed?
   b. Are you able to be yourself around them?
   c. Are you able to express yourself, your needs and concerns?
   d. Does this person support you, make you feel comfortable and safe?
   e. Are you able to let his person know when they have hurt you?
   f. What does it feel like to have a healthy relationship with people?
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Just as we can develop healthy relationships with anyone, we can develop unhealthy relationships with others. In unhealthy relationships, it becomes harder to be ourselves, to be able to express ourselves, to feel connected, supported and safe.

1. Brainstorm a list of qualities that can make a relationship unhealthy. Some examples are: Is mean or treats you badly, does not listen to you, tries to control what you do or who you are friends with, tells your secrets, pushes you to do dangerous things, makes you feel bad, does not give you space to be heard, etc.

2. Think of the ways that people in your life show you that you may have an unhealthy relationship with them. Answer questions a-f but with the lens of an unhealthy relationship.

Contact Umbrella: If you have any questions or concerns about a relationship that you are in, an advocate would be more than happy to hear from you. Contact us in Caledonia & S. Essex counties at (802)748-8645 and in Orleans & N. Essex counties at (802)334-0148 or email an advocate at Advocate@umbrellanek.org