

# TOXIC

VERSUS

# HEALTHY

## RELATIONSHIP TRAITS

### HOW DO YOU KNOW IF A RELATIONSHIP IS TOXIC?



- A toxic individual must always be in control.
- They have all the power in the relationship.
- This might mean your parent still tries to control your life into adulthood.



- In a healthy relationship, members share the power equally.
- Parents treat their children, teens and adult kids with respect, and give them a say in family decisions.

In a toxic relationship, you never know if they'll keep their promises. **If there's no trust, a relationship can't be healthy.** You may feel that you can not rely on them.

A healthy relationship is built on trust, stability and security. **You will feel emotionally safe with the other person.** You will know it's ok to be vulnerable with them, and that you can rely on them.

**Toxic relationships almost always exhibit a lack of boundaries.** A parent might be too involved in your life or very needy. They may still think of you as a child, and may be overly curious about your romantic relationships or other parts of your life.

A healthy relationship between a parent and adult child means that while you support one another, you both are independent of each other, financially and emotionally. Both people **allow one another the right to privacy and to be treated with respect.**

Toxic relationships involve a lack of clear communication. Members don't feel like they can express their true feelings. **The other person may regularly dismiss your feelings** as silly or unimportant.

In healthy relationships, individuals communicate their feelings clearly and take responsibility for their own behavior. **They feel comfortable talking about their feelings** and are able to come together to solve any issues.