

Shouting at your partner in anger



Sulking and giving your partner the silent treatment



Pestering your partner until you get what you want



Threatening to hurt yourself to get your own way



Threatening to  
post personal  
photos of your  
partner online



Ignoring your  
partner when with  
others



Scaring your  
partner by losing  
self-control



Dominating and  
controlling your  
partner's other  
relationships, friends  
and activities



Putting your partner down and criticising them



Physically threatening your partner if they do not do as he/she wants



Controlling your partner by saying who they can or can't talk to



Getting very angry if your partner looks at anyone else



Not believing your partner when they say, 'No!'



Shouting at your partner when they do something wrong



Talking openly with your partner about feelings



Respecting your partner's friends



Having your own  
interests



Considering each  
other's opinions  
and feelings



Talking through  
differences with your  
partner



Having an equal say in  
the relationship



Compromising on things so that the outcome suits both of you



Signs of a Healthy Relationship



Signs of an Unhealthy Relationship



Signs of an Abusive Relationship

