



You deserve this

Healthy relationships are not disrespectful, dishonest, controlling or pressuring. If you are worried about your relationship or if you want more information on healthy relationships

www.idas.org.uk/healthyrelationships

UNEQUAL ABUSIVE
MANIPULATIVE
ISOLATING PRESSURING
DISRESPECTFUL
CODEPENDENT
POOR COMMUNICATION
CONTROLLING INTIMIDATING
DISTRUSTFUL
CARELESS

You don't deserve this

Healthy relationships are respectful, honest, trusting and supportive.
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healthy relationships

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