

Appendix 3. Healthy relationships tool

The health of an adult relationship encompasses a spectrum ranging from positive to negative.

Positive relationship health involves mutual trust, support, investment, commitment and honesty. It involves the exchange of words and actions in which there is shared power and open communication.

Negative relationship health involves unhealthy and abusive interactions with varying exchanges of emotional, physical and sexual violence. It involves words and actions that misuse power and authority, hurt people, and cause pain, fear or harm.

How healthy is your relationship with your current/ex partner?

Place an X on the point on the line that most closely reflects how you feel.

