A healthy relationship involves:

- Shared Responsibility
- Accountability
- Trust
- Support
- Honesty
- Respect
UNHEALTHY RELATIONSHIPS

INVOLVE:

- Coercion & Threats
- Intimidation
- Economic Control
- Verbal Attacks
- Abusing Authority
- Isolation
- Using Loved Ones
- Minimizing, Denying, & Blaming

HEALING AFTER RELATIONSHIP TRAUMA

JOIN OUR
SUPPORT GROUP

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