

RELATIONSHIPS

Healthy	Unhealthy
Listen to each other Put more into your relationship - making it better Respecting boundaries Care to help someone else do better - bring out the best in them Thinking about what is best for them Good and open communication Trust Loving	Not listening to each other Not putting time into the relationship Not respecting boundaries Abusing the power dynamic in a relationship Lack of communication Blaming Fighting all the time

Moving Unhealthy to Healthy

Sit down and talk about it

Realizing the problem - acting on the root problem

Putting time into listening to other person - care enough

Talking, communicating - taking a step at a time

Both parties have to be willing to listen

Realizing when a relationship is not salvageable and moving forward with a healthy relationship with self

Building trust

Types of Relationships

Family	Work/School	Non-Human
Parent/child Siblings - Aunties, Uncles, Cousins, Grandparent	Friends Teachers Coach Co-workers/colleagues Boyfriend - Girlfriend - partners - romantic	Pet Electronics - phones Internet

Gender/Sexuality

Authority - police, coach, teacher

Self - Identity

Lands and Water

Community