

Men's mental health

How to tell if your relationship is healthy, unhealthy or abusive:



	Healthy Relationship	Unhealthy Relationship	Abusive Relationship
Sharing feelings	You feel safe to tell your partner how you feel.	You feel nervous to tell your partner how you feel.	You feel afraid to tell your partner how you feel because you fear how they will react.
Communicating	You respect and listen to each other even when you have different opinions.	You feel ignored and disrespected by your partner when there is a difference of opinion.	Your partner puts you down and makes fun of your ideas and feelings when there is a difference of opinion.
Disagreements	You resolve your disagreements in a respectful way.	Your disagreements often turn into fights.	You are afraid to disagree because you don't want to make your partner angry or give them an excuse to abuse you.
Intimacy and sex	You can be honest with your partner about what you want and don't want.	You are embarrassed to tell your partner what you want and don't want.	Your partner ignores what you want and what you don't want and pushes you into situations you aren't comfortable in.
Trust	You trust each other fully.	Your partner feels jealous when you hang out with someone else.	Your partner accuses you of flirting or cheating and forbids you to talk to others.
Time alone	You can spend time alone because you are confident being independent outside your relationship.	You think there might be something wrong if you want to do some things without your partner.	Your partner does not allow you to spend time doing things alone or not with them.
Violence	There is no physical or emotional violence in your relationship.	There have been few incidents of emotional or controlling behaviour in your relationship and there is no physical abuse.	There is emotional, physical, sexual abuse and/or intimidation in your relationship.

Note: Adapted from Men Abused by Women in Intimate Relationships. Copyright 2008 by the Alberta Government.

One in three victims of domestic violence are male. For those who are experiencing abuse or conflict with an intimate partner, it is important to know that Calgary Counselling Centre can help.

To register for counselling or to learn more about our additional services, call 403-691-5991 or visit us online at www.calgarycounselling.com to schedule an appointment with a counsellor today.