

Accepting that your partner isn't perfect	Feeling you have to justify yourself all the time
Spending time away from each other - E.G. seeing friends and family	Resolving arguments by talking, even when you feel really angry
One person taking charge and making all the decisions	Feeling 'trapped', but unable to end the relationship
Telling lies about where you have been or who you have been with	Having sex when you don't really want to
Thinking your partner has 'gone off' you if they want to spend time alone	Not seeing your best mate as much because your partner doesn't like them
Pretending to have done more interesting things than you really have	Respecting and caring for yourself before and during a relationship
Seeing someone else at the same time as your partner	Respecting sexual boundaries and the right to say 'no'
Apologising for your partner all the time to your friends	Only wanting to have sex if you have drunk alcohol
Listening to your partner's feelings, hopes and dreams	Trusting that your partner won't talk about you behind your back
Feeling scared to ask your partner to use a condom	Seeing someone else at the same time as your partner
Feeling not as 'good' as your partner	Shouting, shoving or hitting out during arguments
Sending texts all the time as you can't bear to be apart	Giving each other compliments and meaning it

Getting upset if your partner doesn't do as you tell them	Feeling jealous if your partner talks to someone else
Needing to know where your partner is all the time	Constantly needing your partner to tell you they love you

Instructions - HEALTHY RELATIONSHIPS - cut out and list under the headings healthy/unhealthy relationships.