

Building Healthy Relationships

Healthy Friendship Qualities	Vs.	Unhealthy Friendship Qualities
<p>Equality Equally put time and effort into the friendship.</p>		<p>Inequality One person taking advantage of the other's kindness.</p>
<p>Respect Acknowledge and support who each other are.</p>		<p>Constant Criticism Constant negativity and criticism is emotionally harmful even if it may come off as sarcasm or humorous.</p>
<p>Trust Be able to confide and know that your secrets and deep thoughts are safe.</p>		<p>Distrustful Being fearful to tell your secrets and thoughts because they might share them with others.</p>
<p>Encourage a Healthier You A friend supports your ideas of positive change and allows you to grow.</p>		<p>Brings Out the Worst in You A friend does not support you changing and encourages you to not fall into old bad habits.</p>
<p>Honor Your Additional Relationships A friend that understands and respects that you have other people just as important as them in your life.</p>		<p>Jealous of Other People Close to You A friend being mean to other people close to you or making you choose sides.</p>
<p>Mutual Feelings You and your friend should feel the same about each other and your friendship with no romantic feelings toward each other</p>		<p>Unrequited Love One friend has a crush on the other or you are friends with a past lover *Important to keep lovers and friends separate</p>

<p>Blaming</p> <p>When upset, what could someone do instead of blame others?</p> <p>Why would that help a friendship?</p>	<p>Arguing</p> <p>When upset, what could someone do instead of argue?</p> <p>Why would that help a friendship?</p>	<p>Gossip</p> <p>When upset, what could you do instead of gossip?</p> <p>Why would that help a friendship?</p>
<p>Jokes/Pranks</p> <p>When being goofy, what could someone do instead of play a joke on someone?</p> <p>Why would that help a friendship?</p>	<p>Sarcasm</p> <p>When annoyed, what could someone do instead of use sarcasm?</p> <p>Why would that help a friendship?</p>	<p>Exaggeration</p> <p>When needing attention, what could someone do instead of exaggerate?</p> <p>Why would that help a friendship?</p>

Building Healthy Relationships

Possible qualities to seek out:

- Kindness
- Hopeful
- Intentional
- Motivated for self-growth
- Empathetic
- Gentle
- Appreciative
- Grateful
- Peacemaker above being right
- Enjoys their life
- Compassionate
- Self-aware: responsive v. reactive
- Open-Minded
- Can still hold sight of the good in times of difficulty
- Hard working
- Honest
- Integrity