## Building Healthy Relationships

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

### Arguing
- When upset, what could you do instead of argue?
- Why would that help a friendship?

### Gossip
- When upset, what could someone do instead of gossip?
- Why would that help a friendship?

### Jokes/Pranks
- When being goofy, what could someone do instead of play a joke on someone?
- Why would that help a friendship?

### Sarcasm
- When annoyed, what could someone do instead of use sarcasm?
- Why would that help a friendship?

### Exaggeration
- When needing attention, what could someone do instead of exaggerate?
- Why would that help a friendship?
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