

Healthy

“ This is often done over the big and little things. While it is normal to have disagreements, both parties are **respectful and listen to each other**. Time is taken to listen, be open and honest, and reach an agreement. ”

Unhealthy

“ Compromise is rarely, if ever, reached leading to unresolved issues that grow with resentment over time. You find that you dismiss each other's concerns/ issues and lose interest quickly. ”

Abusive

“ Discussions are made to manipulate and belittle. Mind games are frequent making you doubt your own thoughts. Heated, intense arguments may lead to physical or symbolic abuse. You feel insignificant. ”