



**OFFICE OF COUNSELING SERVICES**  
INDIANA UNIVERSITY NORTHWEST  
A Department of Student Affairs and Enrollment Management



## Spring 22 Newsletter: Issue 21

Writer: Alexandra Copeland, LMHC, Counselor

Barbara Dahl, MSW, LCSW, Director of Counseling Services

Emma Wagner, Administrative Coordinator    Brandon Feters, MSW Intern

### Building & Maintaining Healthy Relationships

Developing healthy and positive relationships can be challenging. Many times, we're not aware of the unhealthy relationships in our lives. This can include dating relationships, marriages, friendships, work relationships, and family relationships. Knowing the signs of healthy and unhealthy relationships can help you in building new relationships in college.

#### **Healthy Relationship Qualities:**

- Mutual respect
- Trust and support
- Separate identities
- Good communication
- Forgiveness
- Fighting fair
- Honesty
- Fairness and equity
- Boundaries

#### **Unhealthy Relationship Qualities:**

- Isolation
- Intimidation
- Physical/Emotional Abuse
- Threats
- Forcible Sex
- Minimizing and Denying
- Gaslighting
- Jealousy
- Manipulation

## **The “Healthy Relationship” Check-up**

Take the relationship quiz to find out if YOU are in a healthy relationship!

Do you feel trusting of your partner? YES or NO

Do you and your partner communicate positively? YES or NO

Do you feel respected by your partner? YES or NO

Do you and your partner listen to each other? YES or NO

Do you feel supported by your partner? YES or NO

Does your partner allow you to be yourself? YES or NO

Do you feel you and your partner are a team? YES or NO

**If you answered YES to most of the questions listed above congrats you are likely in a healthy relationship! If you answered no to most of the questions listed above, you may benefit from talking with a professional counselor to develop healthy relationship patterns and beliefs. IUN Counseling Services offers free and confidential services to all IUN students who are enrolled on at least a part-time basis. The IUN Counseling Office has licensed professional social workers and counselors who are trained to meet the specific needs of college students!**

### **Tips for building healthy relationships:**

- 1) Respect each other’s personal space and time
- 2) Accept responsibility for yourself
- 3) Be willing to compromise
- 4) Have support and other friends outside of your relationship
- 5) Explore your individual identity
- 6) Communicate openly and truthfully
- 7) Admit your own mistakes and apologize when necessary
- 8) Watch for assumptions
- 9) Pay attention to criticisms
- 10) Value each other’s opinions