

Healthy Relationship

Word Search



This word search should be **enjoyable**, just like our relationships should be. We all deserve to experience compassionate and supportive relationships! Relationships where we can openly communicate, trust one another, and express our needs, wants, as well as boundaries.

All of the words in this word search relate to positive qualities found in healthy relationships. As you find each word, reflect on what it means to you. Once you find all the words, answer the reflection questions on the back of this page.

V U Z E C N A T P E C C A R V F A Y S P C X I N T M Y M O V A C
E Q U A L I T Y K O F G E W M J H P S S C O F T Z I T Z U Y R C
C J V W P A R T N E R S H I P T N L P A E L C V K S R R N L O C
J M D W J F J N L X P E U N A G S O W R E N G C Q L O Q O M R B
X Q U R T M E W V O C T K P O E N P I X E G D P E M P C I M P T
Y V W M D C T Y N N M F M F T I X I I T A C A N T H P K T D L U
P T M G T S P S A O B E R F R I T B N T A T I B I R U T A P Z O
M K I I Y T I L A U D I V I D N I A N E I R O A E K S R C J Y I
E O O L O B A P S F E G C O X L T E R E T U O S T N G U I N Y Y
Q N I S I B E W K N R O U G I N M Q N E N S P B Q I O S N O T L
L F A L D B F S D O M Y N T E E A C K D P E I B A U O T U I I A
R L I R T F A S W F F I Y M G K E U A Q C O S L J L Y N M S L D
F T I O A A H T O S R M Y A Z V O R Q T K A O L Q P L L M S I K
Y X T J N I H R N A B O R N Q N I I U F T J W C R F C O O A B O
W S F F P R T V H U J U G T N E M L L I F L U F P R F V C P A X
Q O H B D N O S L N O V T U S S E N I P P A H J O F S Q M M I Y
E E S X N E S M E C I C O N S E N T E D U T I T A R G S A O L E
I M D A L S R X N R M H C S V U I J D I N D E P E N D E N C E R
C G C M X S X E G N I D N A T S R E D N U P F H O N E S T Y R R

Word List

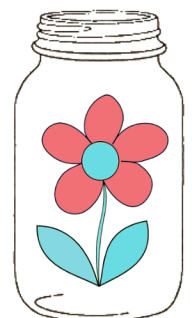
acceptance
collaboration
consent
equality
gratitude
individuality
reliability
trust

accountability
comfort
cooperation
fairness
growth
kindness
respect
understanding

appreciation
communication
empathy
flexibility
happiness
listening
responsibility

balance
compassion
encouragement
friendship
honesty
partnership
sharing

boundaries
connection
enjoyment
fulfillment
independence
patience
support



Word Search

Reflection Questions



All of the words listed in the word search are equally necessary for a healthy relationship, but some may have stood out to you more than others. Which words stood out to you the most?

Which words from the word search are the most important to you in a relationship(s) and why?

What does a healthy relationship look like to you?

How will you know if your relationship is healthy?



Sometimes our relationships are not healthy. Here are some red flags.

If your partner...

- ▶ Continuously texts, calls, and checks to see where you are or what you're doing
- ▶ Gets extremely possessive and jealous
- ▶ Constantly accuses you of flirting or cheating
- ▶ Controls how you look, what you wear, who you see, and what you do
- ▶ Makes you ask them for permission before you can go out
- ▶ Controls how all money is spent within the relationship
- ▶ Blames you for everything that goes wrong in the relationship and in their life
- ▶ Tries to keep you from talking and seeing friends and family
- ▶ Uses your identity to manipulate or threaten you; e.g. outs you, reveals your documentation status, or hides medication from you
- ▶ Puts you down, calls you names, and criticizes you
- ▶ Has big mood swings where they're angry one minute and then sweet the next
- ▶ Makes you feel insecure, nervous, anxious, or fearful
- ▶ Makes you feel like you're worthless, invaluable, or that nobody else would want to love you
- ▶ Threatens to destroy your possessions like your phone, your car, or your home
- ▶ Threatens to hurt you, your pets, your friends, or your family
- ▶ Threatens to hurt themselves because of you or what you did
- ▶ Yells, screams, humiliates, or berates you in private or in public
- ▶ Shows no regard for your opinions, feelings, or safety
- ▶ Puts their hands on you in any violent, hurtful, or intimidating way
- ▶ Pressures or forces you to have sex or do more than what you want to do

...then you may be in an unhealthy and abusive relationship.

If this is happening to you, know that it is not your fault. You deserve a loving, healthy relationship with a caring, respectful partner.

These 24/7 resources can help:

CAMPUS ADVOCATE TEAM

707-445-2881

NATIONAL DOMESTIC VIOLENCE HOTLINE

1-800-799-7233

1-800-787-3224 (TTY for Deaf / hard of hearing)

HUMBOLDT DOMESTIC VIOLENCE SERVICES

707-443-6042

LOVE IS RESPECT

1-866-331-9474

Text loveis to 22522

**LOVE KNOWS
BOUNDARIES**