

LOVES ME...

makes me feel safe

makes me feel comfortable

listens to me

values my opinions

supports what I want in life

is honest with me

admits when they are wrong

respects me

tries to understand how I feel

supports my other friendships

makes me laugh

trusts me

treats me as an equal

accepts me as I am



**Pembina Crisis
Connection Society**

*These are the qualities of a healthy relationship.
Everyone deserves to be loved.*

LOVES ME NOT...

is jealous/possessive

tries to control me

gets violent or loses their temper quickly

always blames me

keeps me from my friends or family

makes all the decisions

tries to embarrass me

hits me

makes me cry

makes me feel sad, afraid or ashamed

always "checking up" on me

controls the money

threatens to leave me if I don't do as they say

teases, bullies, or belittles me

PCCS 780-621-2363
Mountain Rose Centre .. 403-845-5339
Family Violence Info Line310-1818

If you recognize any of these warning signs, you or someone you know may be in an abusive relationship.