

# Healthy Relationships Bingo

Things to Look for in a Relationship	Red Flags	Green Flags	Obstacles in a Healthy Relationship	Skills To Build a Healthy Relationship
Similar values	Controlling	Negotiates	Defensiveness	Apologizing
Honesty	Self-centered	Thoughtful	Lack of communication	Active listening
Ability to be yourself	Breaks promises	<b>FREE</b>	Unclear expectations	Open communication
Feeling safe	Demanding	Having fun together	Unresolved issues	Learning to spend time apart
Equality	Jealousy	Supportive	Resentment	Teamwork

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Similar values	Fear	Respect for privacy	Lack of understanding	Providing support
Enjoying time together	Lack of trust	Self-confidence	Accepting each other	Managing negative emotions
Takes care of themselves	Not spending time together	<b>FREE</b>	Lack of appreciation	Cooperation
Room for growth	Humiliates you	Shows vulnerability	Getting on the same page	Making time for each other
Encouragement	Unpredictability	Admits mistakes	Blaming each other	Understanding differences

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Honesty	Demanding	Negotiates	Different priorities	Compromise
Shared goals	Jealousy	Emotional maturity	Unresolved issues	Understanding differences
Mutual trust	Reads your text messages	<b>FREE</b>	Resentment	Making time for each other
Can rely on each other	Unpredictability	Admits mistakes	Blaming each other	Considering different perspectives
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### Things to Look for in a Relationship

These are positive aspects of a relationship. A high number of these factors indicates a healthy relationship.

- **Similar values** – this means believing in the same core things in life. This may include family, trust, religious beliefs, or political beliefs.
- **Honesty** – you should both be able to freely share your feelings with each other without fear of being judged
- **Ability to be yourself** – you should not feel like you have to change who you are for your partner
- **Feeling safe** – you should not fear being around the other person in the relationship
- **Equality** – there should not be a power imbalance in a relationship. Both people should be held to the same standard and should have equal say regarding major decisions in the relationship.
- **Mutual trust** – building trust takes time but allows people to be vulnerable with each other knowing that they can rely on each other
- **Mutual support** – you should be there for each other whether times are good or bad
- **Interdependence** – this is when two people are in a relationship but do not sacrifice themselves or compromise their values. People in these types of relationships are able to find a balance between spending time together and spending time apart.
- **Shared goals** – both people in the relationship should have the same idea of how they want it to progress so that you can accomplish those goals together
- **Can rely on each other** – you should be able to know that when the other person says they will do something, they will do it
- **Encouragement** – this is when you make the other person in the relationship feel more supported or confident in their decisions
- **Room for growth** – people change as their life goes through different stages and their relationship should be able to adapt to those changes
- **Takes care of themselves** – if the person cannot take care of themselves and relies on you to take care of them, the relationship will not be equal.
- **Spends quality time with you** – it's not about the amount of time you spend together, it's about the quality of it. Spending lots of time together on your phones is not quality time. Quality time means talking to each other or doing an activity together that you both enjoy.
- **Enjoys spending time together** – if you do not enjoy spending time with the other person, it is a sign that you should not continue in a relationship with them

### Red Flags

These are warning signs that the other person is not ready to be in a relationship with you.

- **Controlling** – this may include controlling the way you behave or making decisions in your relationship without consulting you

- **Self-centered** – if the person only thinks and talks about themselves, they are not ready to share their life with you
- **Breaks promises** – your partner promises you lots of things but never actually follows through
- **Jealousy** – this may include being jealous of others who you have relationships with or being jealous of any successes you have
- **Reads your text messages** – points to a lack of trust
- **Makes you feel bad about yourself** – your partner or friend should not decrease your self-esteem or affect the way you perceive yourself
- **Demanding** – reflects a lack of respect for you
- **Competitive** – this may be with you or with other people
- **Puts pressure on you** – you should never feel forced to do anything that you don't want to do
- **Unpredictability** – this could be regarding their behaviour or mood and may make you feel unsure how to behave around the other person
- **Humiliates you** – this may be when you're alone together, out in public or both
- **Not spending time together** – this also includes not spending quality time together
- **Lack of trust** – the other person never believes you and questions you repeatedly
- **Fear** – you should not be scared of the person you are in a relationship with

### Green Flags

These are qualities to look for in the other person.

- **Negotiates** – your partner or friend is able to give up some of what they want for what you want
- **Thoughtful** – your partner or friend shows consideration and care for your needs
- **Having fun together** – you should enjoy spending time with the other person in the relationship
- **Supportive** – this means sometimes putting your partner's needs ahead of your own and believing in them so they can achieve their goals
- **Respects your opinions** – although you may not agree on everything, the other person in the relationship recognizes and appreciates your opinion even if it is different from theirs
- **Emotional maturity** – your partner can manage their emotions and take full responsibility when they behave inappropriately
- **Independent** – the other person is self-sufficient and does not rely on you for everything
- **Empathetic** - this is when you can imagine what the other person is thinking and feeling. It is an indication that the other person genuinely cares about the relationship.
- **Patience** – shows that the other person values you and your relationship even when times are tough
- **Admits mistakes** – the other person knows when they're wrong and is willing to own up to it
- **Shows vulnerability** – your partner or friend exposes their weaknesses and emotions
- **Self-confidence** – your partner trusts their own abilities and judgement
- **Respect for privacy** – the other person in the relationship understands that you need your own space and time alone



## Obstacles in a Healthy Relationship

These are challenges that occur in relationships that need to be overcome to have a healthy relationship.

- **Defensiveness** – this occurs when one person feels that the other person is being critical of them and reacts by blaming the other person, using sarcasm, or being critical in return
- **Lack of communication** – if problems arise, you either fight or avoid discussing them
- Unclear expectations -
- **Unresolved issues** – this may include experiences from past relationships and can lead to blame and making assumptions
- **Resentment** – this is when you are angry at your partner because you feel that they have wronged or hurt you in some way
- **Different priorities** – this could include different ideas of how you want the relationship to progress or different goals in life
- **Setting clear boundaries** – you and your partner need to find a way to meet both of your needs in a way that you are both comfortable with
- **Making assumptions** – instead of listening to you and trusting you, the other person in the relationship jumps to conclusions
- **Judgement** – this gives your partner the message that it is not okay to be themselves and that they need to change
- **Inequality** – if one person holds more power in the relationship, it will never be equal
- **Blaming each other** – each person needs to take responsibility for mistakes they make or for challenges in the relationship instead of blaming the other person
- **Getting on the same page** – both people in the relationship need to have clear goals and boundaries for it to be successful
- **Lack of appreciation** – do not take the things your partner does for granted. Each of you have strengths that you bring into the relationship.
- **Accepting each other** – you and the other person in the relationship need to accept each other for who you are instead of trying to make the other person change
- **Lack of understanding** – instead of blaming your partner, try to understand their point of view or what they are saying

## Skills to Build a Healthy Relationship

These are things that you will need to work on together to have a healthy relationship.

- **Apologizing** – as people we make mistakes and learning to apologize to the other person in a meaningful and sincere way is important so both of you can move forward
- **Active listening** – this is the process of listening attentively to what the other person is saying without giving judgements or advice
- **Open communication** – talking openly about your problems or concerns
- **Learning to spend time apart** – you and your partner are individuals and should be free to explore your own interests and spend time alone. You do not always have to be together.

- **Teamwork** – both people in the relationship should be able to work together for any task, including solving problems or making dinner
- **Conflict resolution** – instead of blaming the other person, try to communicate how you feel and be willing to forgive the other person
- **Understanding differences** – you and your partner have different strengths and weaknesses that you bring to the relationship
- **Considering different perspectives** – you and your partner are different people with different lived experiences and will have different perspectives. Listening to and trying to understand the other person's perspective is important for a healthy relationship.
- **Compromise** – you will not always agree with each other so finding ways for both people to compromise is important. This also includes knowing what is important to your partner and understanding where you may have to compromise for them.
- **Making time for each other** – although you are both individuals with separate interests, it is important to also spend quality time with your partner to get to know each other and experience things together
- **Finding balance** – involves trust, respect, and abiding by the boundaries set by you and the other person in the relationship
- **Cooperation** – the ability to work out issues in a relationship while working toward an outcome that benefits both people
- **Managing negative emotions** – feeling sad, upset, or angry is a natural part of life but learning to deal with these emotions is important so you don't accidentally take out your anger on your partner
- **Providing support** – may include emotional, physical, or psychological support. Both people in the relationship should be able to support each other