

# In a healthy relationship, your partner...

Compliments you  
and is your biggest  
cheerleader

Supports your  
dreams and  
aspirations

Doesn't lie to you or  
hide things from  
you

Owens up to  
wrongdoing &  
apologises without  
getting  
defensive

Communicates  
openly and  
truthfully with  
you

Seeks to  
understand  
you

Respects you  
& your  
boundaries

Respects your  
friends &  
family

Makes you laugh  
and feel  
comfortable

# You deserve healthy love

If you don't recognise your relationship in the above signs, **you may be in an abusive relationship**, and you deserve better.

Call us on **01795 417251**  
Find our drop ins at **sateda.org**  
Find us on social media **@satedacharity**