

Healthy

Unhealthy

Abusive

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<b>a. Communicating:</b> Spouses talk openly about problems, listen to one another and respect each other's opinions.	<b>a. Not communicating well:</b> When problems arise, spouses fight, or they don't discuss them at all.	<b>a. Controlling or Manipulative Communication:</b> Hurtful, threatening, insulting, demanding or use silence to hurt.
<b>b. Respectful:</b> Spouses value each other as they are.	<b>b. Disrespectful:</b> One or both spouses are not considerate or empathetic of the other(s).	<b>b. Demeaning:</b> One spouse disregards the feelings, thoughts, opinions, choices or physical safety of the other.
<b>c. Trusting &amp; Honesty:</b> Spouses believe what each other has to say. They don't feel the need to "prove" each other's trustworthiness.	<b>c. Hurt Trust:</b> One or both spouses don't believe what the other says or feels entitled to invade their privacy. There is a 'cat and mouse game' of accusing and/or catching one or both in untruths.	<b>c. Accusations Used to Control:</b> One partner makes false accusations to keep the other off balance. The one who accuses may hurt the other in a physical or verbal way as a result.
<b>d. Each Owns Their Behavior:</b> Each spouse takes personal responsibility for his/her thoughts, attitudes, and actions. When hurtful or unhealthy behavior occurs, each will fully own and take steps to correct the behavior, seek true forgiveness, and repair the relationship.	<b>d. Blame and Lack of Resolution:</b> One or both spouses vacillate between being responsible for themselves and blaming their behavior on the other. Hurts may go unaddressed for long periods of time and true forgiveness and repairing of the relationship may not occur.	<b>d. Denies that abusive actions are abusive:</b> An abusive spouse may try to blame the other for the harm they're doing or make excuses for abusive actions or minimizes the abusive behavior. Lack of taking ownership of behavior and unwillingness to seek accountability and truly change.
<b>e. Sharing and Equality:</b> Spouses make decision together and hold each other to the same standards. As they make decisions, they both seek the well-being of the other.	<b>e. Trying to take control:</b> One or both spouses feel their desires and choices are more important than the other's.	<b>e. Controls the other:</b> No equality in the relationship. One partner makes all decisions for the couple without the other's input. One spouse is treated as a non-person.
<b>f. Balanced Personal Time:</b> Spouses enjoy spending time together, apart, alone or with others. They respect each other's preferences for time together and apart.	<b>f. Imbalanced Personal Time:</b> One spouse controls the calendar and leaves little room for the preferences of the other.	<b>f. Isolates the other partner:</b> One spouse controls where the other goes and with whom they talk or spend time. They may isolate their spouse from family and friends.
<b>g. Healthy Touch:</b> Touch in the marriage is regular, respectful, and connecting; it feels safe and reassuring for both spouses.	<b>g. Neglected Touch:</b> Touch is not given much thought in the relationship; one spouse may withhold touch to punish the other or touch only if it leads to sex.	<b>g. Harmful Touch and/or Symbolic Violence:</b> Grabbing, slapping or shoving is used to hurt and control; damage to property is used to send threats of potential harm.
<b>h. Mutuality in Sexuality:</b> Spouses talk openly about sex. Both feel safe and willingly consent to sexual activity. They can discuss what is and isn't comfortable for each.	<b>h. Neglected/Conflicted:</b> One spouse may use pressure/guilt on the other; may withhold sex to punish the other; lack of attunement to each other's needs.	<b>h. Forces sexual activity:</b> One spouse forces or demands sex or participation in sexual activities that the other doesn't want to do. Leaves other spouse feeling shamed.
<b>i. Financial Partnership:</b> Spouses talk openly about finances and both know about and can access the appropriate financial resources, when needed. Neither seeks to hide financial decisions from the other.	<b>i. Ongoing Financial Conflict:</b> Fighting over finances, finances not discussed or are discussed with anger/blame disregard for shared financial agreements, possessive about finances; unwilling to share income or expenses.	<b>i. Exerts financial control:</b> One spouse controls the money and access to it. Open dialogue about finances is not an option. May keep a spouse dependent by preventing them from having money for routine spending.
<b>j. Engaging in supportive parenting:</b> Spouses are aware of their differences in parenting and work together to parent in a way both feel comfortable with. They talk about the needs of the children, as well as their needs as parents.	<b>j. Divided Parenting:</b> Little teamwork as parents; one or both spouses complain about the other to the children; spouses undermine each other.	<b>j. Engages in manipulative parenting:</b> One spouse uses the children to gain power and control over the other, including telling the child(ren) lies or negative things about the other spouse.
<b>k. Spiritually Connected:</b> Spiritual connection is important to both spouses; they share and listen to each other's perspective and support each other's growth.	<b>k. Spiritually Distant:</b> Lack of spiritual connection as a couple. One or both spouses neglect spiritual growth. Spiritual conflict goes unresolved.	<b>k. Twisted Spirituality:</b> One partner uses spiritually sounding language to control or demean the other person while excusing sinful behavior in his/her own life.