What Healthy Relationships Look Like During COVID-19

With everything happening in the world right now, it’s clear that we all need love more than ever. It can be challenging at times to practice healthy behavior while living in such close quarters. But these 10 signs and corresponding examples are a way for you to bring more healthy behavior into your relationships during COVID-19.

Healthy relationships bring out the best in you and make you feel good about yourself. A healthy relationship does not mean a “perfect” relationship, and no one is healthy 100% of the time, but the signs below are behaviors you should strive for in all of your relationships.

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<thead>
<tr>
<th>Healthy Sign</th>
<th>COVID-19 Example</th>
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| Comfortable Pace   | • Giving everyone patience and space to adjust to the “new normal,” including yourself  
                    • Not feeling pressured to see or move in with a partner |
| Honesty            | • Being open and candid about feelings, needs, and boundaries instead of letting them simmer while together or apart |
| Respect            | • Respecting digital boundaries and making sure there’s enthusiastic consent before sharing explicit photos (Note: If choosing to share explicit photos, consider the unhealthy power imbalance this can create)  
                    • Being understanding of people’s reactions to the COVID-19 situation (ex. mental health, job loss, physical health) |
| Kindness           | • Do small, thoughtful acts for those around you daily  
                    • Do research into ways you can help your community (ex. safely delivering food to the elderly) |
Healthy Conflict
Openly and respectfully discussing issues and confronting disagreements non-judgmentally.

Trust
Confidence that your partner won’t do anything to hurt you or ruin the relationship.

Independence
You have space to be yourself outside of the relationship.

Equality
The relationship feels balanced and everyone puts the same effort into the success of the relationship.

Taking Responsibility
Owning your own actions and words.

Fun
You enjoy spending time together and bring out the best in each other.

COVID-19 Example
- Setting boundaries with others and approaching the conversation with patience and care
- Taking time to cool off when needed

- Trusting that your partner or friend is not doing anything to put themselves or you at risk for exposure to COVID-19
- Trusting your partner’s actions and assuming they have the best intent even if you aren’t able to physically be together

- Setting aside time for independent activities (ex. reading, journaling, playing a game on your phone)
- Making time for self-reflection and self-care

- Sharing common spaces and household responsibilities
- Having conversations about everyone’s needs and safety

- Acknowledging your own feelings of stress, anxiety, and fear and not allowing those negative feelings to impact your interactions with other people

- Countering news and stress surrounding COVID-19 by making space for lighthearted activities with others (ex. board games, craft projects, group FaceTimes)

Learn more about healthy and unhealthy relationships at joinonelove.org.
What Unhealthy Relationships Look Like During COVID-19

With everything happening in the world right now, it’s clear that we all need love more than ever. It can be challenging at times to practice healthy behavior while living in such close quarters. But these 10 signs and corresponding examples are red flags to look out for during COVID-19.

While everyone does unhealthy things sometimes, we can all learn to love better by recognizing unhealthy signs and shifting to healthy behaviors. If you are seeing unhealthy signs in your relationship, it’s important to not ignore them and understand they can escalate to abuse. If you think you are in a dangerous situation, trust your gut and get help.

<table>
<thead>
<tr>
<th>Unhealthy Sign</th>
<th>COVID-19 Example</th>
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<td><strong>Intensity</strong></td>
<td>• Expecting a friend or partner to respond quickly to texts/calls or spend all day in-person with you because you are home</td>
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<td>• Relationships escalating faster than normal: self-isolating together after a short time or being unable to leave an unhealthy/abusive situation because of quarantine</td>
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<td><strong>Manipulation</strong></td>
<td>• Using shelter-in-place to prevent someone from leaving a location for permitted activities</td>
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<td>• Pressuring someone to meet up despite social distancing</td>
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<td><strong>Sabotage</strong></td>
<td>• Withholding or purposefully using limited resources like medical supplies, food, WiFi, transportation, or money</td>
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<td>• Not respecting communicated boundaries (ex. breaking quiet hours during work from home or carelessly risking others’ exposure to COVID-19)</td>
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<td><strong>Guilting</strong></td>
<td>• Making someone feel bad for having conversations about boundaries in your shared living space</td>
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<td></td>
<td>• Expecting someone to be okay sending or receiving explicit photos/messages (esp. with lack of physical contact)</td>
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When someone repeatedly makes excuses for their unhealthy behavior.

Deflecting Responsibility

When someone is jealous to a point where they try to control who you spend time with and what you do.

Possessiveness

When someone keeps you away from friends, family, or other people.

Isolation

When someone does and says things to make you feel bad about yourself.

Belittling

When someone has a really strong, unpredictable reaction that makes you feel scared, confused or intimidated.

Volutility

When someone is disloyal or acts in an intentionally dishonest way.

Betrayal

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