



oneLove

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.

Healthy Sign

COVID-19 Example



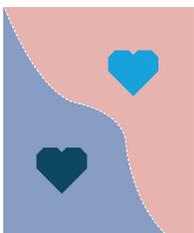
Comfortable Pace

The relationship moves at a speed that feels enjoyable for each person.



Honesty

You can be truthful and candid without fearing how the other person will respond.



Respect

You value one another's beliefs and opinions, and love one another for who you are as a person.



Kindness

You are caring and empathetic to one another, and provide comfort and support.

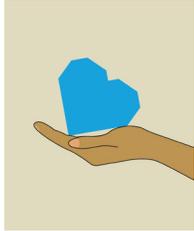
- Giving everyone patience and space to adjust to the "new normal," including yourself
- Not feeling pressured to see or move in with a partner
- Being open and candid about feelings, needs, and boundaries instead of letting them simmer while together or apart
- Respecting digital boundaries and making 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)
- 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 Sign



Healthy Conflict

Openly and respectfully discussing issues and confronting disagreements non-judgmentally.



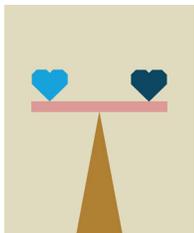
Trust

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)



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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.

Unhealthy Sign

COVID-19 Example



Intensity

When someone expresses very extreme feelings and over-the-top behavior that feels overwhelming.

- Expecting a friend or partner to respond quickly to texts/calls or spend all day in-person with you because you are home
- Relationships escalating faster than normal: self-isolating together after a short time or being unable to leave an unhealthy/abusive situation because of quarantine



Manipulation

When someone tries to control your decisions, actions or emotions.

- Using shelter-in-place to prevent someone from leaving a location for permitted activities
- Pressuring someone to meet up despite social distancing



Sabotage

When someone purposely ruins your reputation, achievements, or success.

- Withholding or purposefully using limited resources like medical supplies, food, WiFi, transportation, or money
- Not respecting communicated boundaries (ex. breaking quiet hours during work from home or carelessly risking others' exposure to COVID-19)



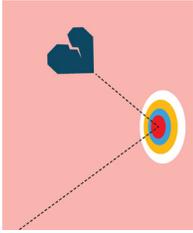
Guilt

When someone makes you feel responsible for their actions or makes you feel like it's your job to keep them happy.

- Making someone feel bad for having conversations about boundaries in your shared living space
- Expecting someone to be okay sending or receiving explicit photos/messages (esp. with lack of physical contact)

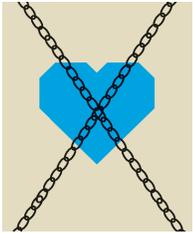
Unhealthy Sign

COVID-19 Example



Deflecting Responsibility

When someone repeatedly makes excuses for their unhealthy behavior.



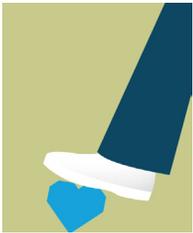
Possessiveness

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



Isolation

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



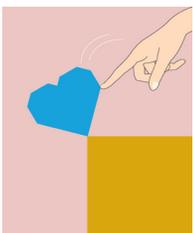
Belittling

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



Volatility

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



Betrayal

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

- Using the current situation as an excuse for unhealthy behaviors (ex. yelling at someone and blaming it on stress)

- Demanding that someone share their location or who they're talking to/texting throughout the day while in quarantine

- Pressuring someone into quarantining with them instead of family or friends
- Expecting someone to stay on the phone/FaceTime all day (or more than normal) to limit their interaction with others

- Putting someone down for their work habits, snacking, or clothing choices while in quarantine
- Making fun of someone for their level of concern about COVID-19

- Lashing out or having extreme reactions to things beyond one's control like WiFi cutting out, not being able to leave the house, or more people than normal in shared spaces

- Exposing others in your living space to COVID-19 by not taking proper precautions to keep yourself safe
- Not being honest with people you interact with when you begin to show symptoms of COVID-19