A Healthy Relationship is Shaped by RESPECT, EQUALITY, SAFETY, & TRUST

Behaviors & attitudes that fall into one of these categories can appear in one of two ways: as columns (sturdy, reliable, yay!) or shadows (empty, shifty, not yay!).

Because they may appear to be the same concept, sometimes it’s hard to figure out if a behavior or attitude is building health, or casting a shadow of unhealthiness in the name of health.

HOW TO KNOW?! Well, a Behavior or Attitude is PROBABLY...

A HEALTHY COLUMN of R.E.S.T. if:

 trailers:
 it’s presented without condition, exception, or pressure, and
 trailers:
 you can respond or act in a way you are comfortable with.

An UNHEALTHY SHADOW of R.E.S.T. if:

 trailers:
 it’s only presented with conditions, exceptions, or pressure, and
 trailers:
 it requires you to act or respond in a way you are uncomfortable with.