

10 Signs of Healthy Groups



This list focuses on ways healthy behaviors can manifest in groups.

These healthy signs reflect positive group environments that support belonging, inclusivity, and promote well-being and safety of group members.



Comfortable Pace: The relationship moves at a speed that feels enjoyable and okay for each person.



Honesty: When you can be truthful and candid without fearing how the other group member(s) will respond. When the group is truthful about what it entails and is expected of all members.



Respect: You value one another's beliefs and opinions and appreciate each other as people.



Kindness: You are caring and empathetic to one another and provide support as needed.



Healthy Conflict: Openly and respectfully discussing issues and confronting disagreements non-judgmentally.



Trust: When you have confidence that the group won't do anything to hurt you or ruin your experience.



Independence: When you have space to be yourself outside of the group.



Equity: The relationship feels balanced and everyone puts forth their best effort, with the capacity they have, to contribute to the group's success.



Taking Responsibility: Owning your actions and words.



Fun: When you enjoy spending time together and bring out the best in each other.

10 Signs of Unhealthy Groups



This list highlights ways unhealthy behaviors can play out in groups.

These signs reflect how unhealthy group environments can be created through potentially harmful, degrading, humiliating, or endangering behaviors that could be considered hazing, or warning signs of hazing, and jeopardize the emotional and/or physical health, well-being, and safety of group members.



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



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



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



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



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



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



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



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



Deflecting Responsibility: When someone repeatedly makes excuses for their unhealthy behavior.



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