

Are your relationships healthy or unhealthy?

We all have different ideals and feel many emotions such as love, jealousy, anger, confidence, trust, and honesty in our relationships. It is not un-common to misunderstand one feeling for another and not realize what is happening. The following are some things to consider in regards to healthy and unhealthy relationships:

Does your partner do any of the following?

- ◆ Use coercion/threats against you?
Does your partner threaten suicide if you attempt to leave the relationship, ask you to do illegal things, threaten to turn you into Child Protection, or welfare, or threaten to leave you?
- ◆ Use intimidation? Make you afraid with looks, actions, or gestures, smash or destroy your property or abuse your pets (or threaten to)?
- ◆ Use emotional abuse? Call you names, put you down, make you feel guilty, or make you feel bad about yourself?
- ◆ Isolation? Keep track of you (where you are going, who you are with and who you talk to or hang out with), limit your involvement with family and friends?
- ◆ Minimize, deny, or blame? Make light of the abuse, say that it didn't happen, say that it is your fault for the abuse happening?
- ◆ Use children? Make you feel guilty about the children, use your children to relay messages, use visitation to harass you, or threaten to take the children away?
- ◆ Use male privilege? Treat you like a servant, makes all the decisions, or acts like the "master of the castle?"
- ◆ Use economic abuse? Prevents you from getting or keeping a job, makes you ask for money, gives you an allowance, takes your money, or does not let you know about or have access to family income?

If your partner is doing these things to you, then your relationship is probably an unhealthy one.

A healthy relationship would have equality in all areas, such as:

- ◆ Negotiate and be fair. Seek to mutually resolve conflict, accept change, and be willing to compromise.
- ◆ Non threatening behavior. Talk and act so that you feel safe and comfortable expressing yourself and doing what you would like.
- ◆ Respect. Listen non-judgmentally, be emotionally affirming and understanding, and value your opinions.
- ◆ Trust and support. Support your goals in life; respect your right to your own feelings, friends, activities, and opinions.
- ◆ Honest and accountable. Accept responsibility for self, acknowledge past use of violence, admit to being wrong, and talk openly and truthfully.
- ◆ Responsible parenting. Share in parental responsibilities, be a positive non-violent role model for your children.
- ◆ Share responsibility. Both decide on a fair distribution of work, and make family decisions together.
- ◆ Economic partnership. Make money decisions together, make sure both of you benefit from financial arrangements.

If you would like more information or would just like to talk to someone about your relationship, please call the DOVE (Down On Violence Everyday) Program at 1-877-830-3683.