

Healthy Relationships

Healthy relationships allow both partners to feel supported and connected but still feel independent.

COMMUNICATION and **BOUNDARIES** are the two major components of a healthy relationship. Ultimately, the two people in the relationship decide what is healthy for them and what is not. If something doesn't feel right, you should have the freedom to voice your concerns to your partner.

Communication

Communication allows you and your partner to have a deep understanding of each other, and allows you to connect. In a healthy relationship with good communication, both partners:

- Treat each other with respect
- Speak openly to one another about thoughts and feelings
- Feel heard when expressing feelings
- Listen to each other and compromise
- Do not criticize each other
- Feel supported to do the things they like



What Isn't a Healthy Relationship?

Relationships that are not healthy are based on power and control, not equality and respect. In the early stages of an abusive relationship, you may not think the unhealthy behaviors are a big deal. However, possessiveness, insults, jealous accusations, yelling, humiliation, pulling hair, pushing or other abusive behaviors, are — at their root — exertions of power and control. Remember that abuse is always a choice and you deserve to be respected. There is no excuse for abuse of any kind.

If you think your relationship is unhealthy, it's important to think about your safety now. Consider these points as you move forward:

- Understand that a person can only change if they want to. You can't force your partner to alter their behavior if they don't believe they're wrong.
- Focus on your own needs. Are you taking care of yourself? Your wellness is always important. Watch your stress levels, take time to be with friends, get enough sleep.
- Connect with you Often, abusers try to isolate their partners. Talk to your friends, family members, teachers and others to make sure you're getting the emotional support you need. Remember, your advocate is always ready to talk if you need a listening ear.
- Think about leaving. Remember that you deserve to feel safe and accepted in your relationship.

Even though you cannot change your partner, you can make changes in your own life to stay safe. Consider leaving your partner before the abuse gets worse. You have options to help you.

CAPSA 308 W. 1000 N . Logan 435-753-2500

National Domestic Violence Hotline 1-800-799-7233 Just because a relationship ends doesn't mean two people stopped loving each other. they just stopped hurting each other.

Relationship Building ?

As a couple we are good at?

1.

2.

3.

We have fun when we?

1.

2.

3.

Three goals we have for the future?

1.

2.

3.