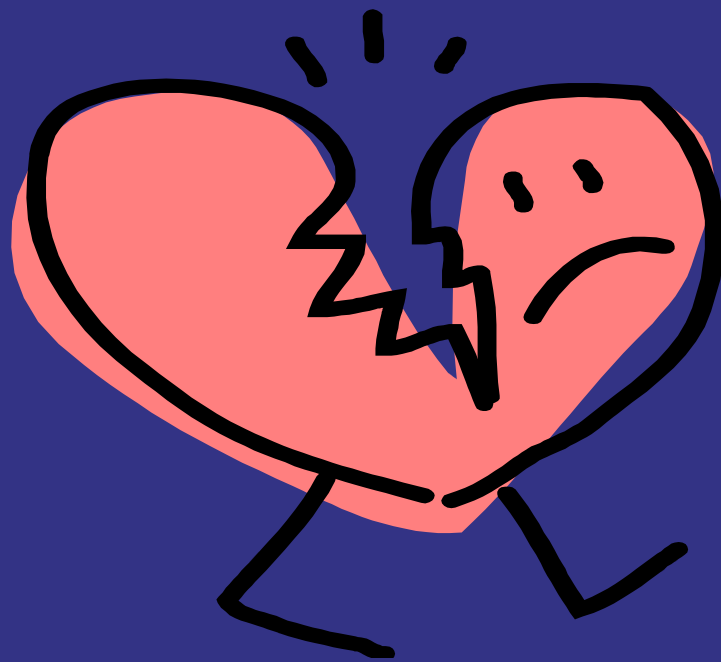


Healthy RELATIONSHIPS



“We can all take responsibility for helping to bring about change, and keeping our friends and colleagues safe from domestic violence.”

Charles Clarke



Healthy Relationships

Agree to Disagree

Regular conversations take the form of heated arguments amongst many couples. Understand that not every statement needs a reaction. Maybe a certain reaction may trigger off an argument with your partner. Just agree with whatever it is and there will be no harm done. Try and reach a mutual agreement, if that's not possible leave the topic for later. If you give it time, maybe both of you will be able to think about it rationally. Sometimes we have to pick our battles and let others drop away.

Learn Everyday

Every single day is a blessing. Each moment with your partner is a moment to learn something new and discover the finer nuances of your relationships. Each one of us keep changing every day, the circumstances around us change every day and with that our attitude also needs to change. The same applies when you are living with a person.

Honesty is the Best Policy

Consider it a cliché or an adage, 'honesty is the best policy'. Be honest to your partner about what you feel. This will get both of you closer and strengthen the bond like never before. Another advantage of being honest is, it drives away all the inhibitions and fears in a relationship.

Time Out

After a certain period, couples complain about romance in a relationship being lost. To keep your relationship healthy, take some time out from your day-to-day routines to spend some quality time and catching up with each other. This can be done as dinners, indulging in outdoor activities or just hanging out at a coffee shop like old times.

Intimacy

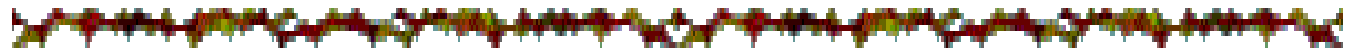
Intimacy is a very important part of having a healthy relationship. Do not ignore your sex life (with your partner) under the garb of work pressure, children, distance, tiredness or whatever it may be. Every time you shun away an intimate moment, you are making a crack in the relationship. Having a good intimate relationship not only brings you closer physically, but emotionally too.

Command Respect

Respect has to be earned. It can only be earned if only you learn to respect. Often, one of the partner plays the role of a dictator, while the other simply follows. Both the persons involved are equally responsible for this mistake. Learn to respect each other and understand that both of you are equally responsible towards the relationship.

Creating a meaningful relationship takes equal effort from both the persons. Sharing, caring, being apologetic, forgiving and having realistic expectations are some of the important ingredients. Probably, you have heard and read these suggestions in several other places. However, this time take them seriously as you board the new phase of life for finding a fulfilling relationship. Good luck!

By Mukta Gaikwad Read more at Buzzle: <http://www.buzzle.com/articles/healthy-relationship-tips.html>



The classic abusive relationship is characterized by a three-stage cycle that may or may not be visible to outsiders.

The Tension-Building Stage: The angry person becomes increasingly controlling during this period, which may take days, weeks, or even years to evolve and progress. Limits are imposed on the partner. For example, the abuser may decide what clothes look "right" on the partner, or what image is portrayed. They may try to define whom the partner may or may not speak with and about what, etc. The control is insidious and progressive. As tension and control increase, the partner attempts to accommodate the abuser in order to keep peace, to please the abuser, or for some similar reason. Despite actions the partner takes, the abuser becomes increasingly remote, contemptuous, critical, preoccupied, or otherwise on edge. The tension and control increase until culminating in the abuse stage.

The Abuse Stage: A major verbal, emotional or physically abusive incident occurs that was instigated by the abuser. A trivial event is often used to trigger the main event. The abuser actively looks for excuses to blow up over, and may set their partner up in a no-win situation. One angry man found reason to verbally abuse his girlfriend and destroy her property because he did not like the size of the pot she was boiling eggs in. Needless to say, the pot had nothing to do with anything. This opportunist had simply received a nod from a former lover, decided to change girlfriends, and wanted an out. The victim is often left feeling hurt - and confused.

The Remorse Stage: Once the blows are delivered, the abuser is calmed. Having blown off steam and regaining composure, the abusive person is full of apologies and promises never to do "it" again - if the partner distances. The more distanced the victim, the more intensely the abuser pursues...and pursues...and pursues. The abuser can be so charming and complimentary, the codependent victim's heart breaks. There is a compelling need to believe their abuser's promises and pleas and take them back. The more codependent and insecure the partner, the more vulnerable they are to the partner's attentive remorse. Abusers during this phase are wonderful! A "normal" person is unlikely to be so compelling and persistent in winning over their partner's love - because they have no reason to be. As the relationship progresses, the abuse cycle typically escalates in intensity and in the temporal contiguity of its negative aspects. The abuse lasts longer and becomes more pronounced, while the loving remorse dwindles. The abuser loves a good challenge. The goal is to win the victim back, at any price. At a distance, the partner is perceived as emotionally "safe." The harder the abuser has to work to win back his or her victim, the more the victim is appreciated. Once the relationship resumes, the abuser's mistrust prompts their poor recall of any tender feelings. Their fear inevitably powers the resumption of the abuse cycle.

SIGNS THAT YOU'RE IN AN ABUSIVE RELATIONSHIP

Your Inner Thoughts and Feelings	Your Partner's Belittling Behavior
Do you: feel afraid of your partner much of the time?	Does your partner: humiliate or yell at you?
avoid certain topics out of fear of angering your partner?	criticize you and put you down?
feel that you can't do anything right for your partner?	treat you so badly that you're embarrassed for your friends or family to see?
believe that you deserve to be hurt or mistreated?	ignore or put down your opinions or accomplishments?
wonder if you're the one who is crazy?	blame you for their own abusive behavior?
feel emotionally numb or helpless?	see you as property or a sex object, rather than as a person?
Your Partner's Violent Behavior or Threats	Your Partner's Controlling Behavior
Does your partner: have a bad and unpredictable temper?	Does your partner: act excessively jealous and possessive?
hurt you, or threaten to hurt or kill you?	control where you go or what you do?
threaten to take your children away or harm them?	keep you from seeing your friends or family?
threaten to commit suicide if you leave?	limit your access to money, the phone, or the car?
force you to have sex?	limit your access to money, the phone, or the car?
destroy your belongings?	constantly check up on you?

Resources:

Statewide abuse hotline

1-800-897-LINK (5465)

Box Elder County

Your Community in Unity 435-723-5600
YWCA (Brigham City) 801-734-2233

Cache County

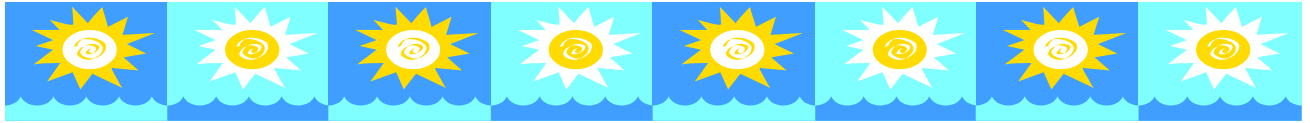
Abuse Prevention Services (Logan) 435-753-2500
Cache County Victim Service 435-716-8373
CAPSA Shelter 435-753-2500
Child & Family Support Center 435-752-8880
Family Institute Counseling 435-752-1976

Bannock County

Family Services Alliance 208-232-0742
Project Hope Advocacy Program (Pocatello) 208-282-2805
Shoshone-Bannock Victim Assistance (Fort Hall) 208-478-3874

Oneida County

Oneida Crisis Center (Malad) 208-766-4412



ACTIVITY FOR AT HOME:

Get a paper bag store bag etc....

Each family member will get 3 to 4 pieces of paper

Everyone will write down their hopes and dreams in life.

1 for each piece of paper.

Put into the sack shake up and pull papers out one at a time.

Glue onto an 8x11 paper and put on fridge.

Set goals as a family to reach those hope and dreams.

