

Healthy Relationships

Many define the domestic violence relationship as one that consists of actions – that of slapping, punching, pushing, etc. However, domestic violence can be not just physical, but emotional, mental, sexual and even financial.

Signs that your relationship is healthy

1. You are able to respect the other's opinions, even when they differ.
2. You support each other in reaching individual goals, such as career, college, or hobbies.
3. You are able to have conflict without putting each other down or making threats.
4. Both are able to apologize when wrong.
5. Each person accepts responsibility for their own actions without blaming the other.
6. Both people respect the other's privacy, such as the contents of letters, email or phone conversations.
7. Each has equal power and say when making decisions about things that impact your lives.
8. Both are faithful to each other, if a commitment has been made to be so.
9. Both are able to accept the other for who she/he is.
10. Both support each other in outside relationships with friends and family.

Signs your relationship is unhealthy

1. One is jealous without cause and accuses the other of cheating.
2. One calls the other names and/or makes the other feel bad about him or herself.
3. One or both is unfaithful or threatens to be.
4. One or both blames the other for his or her behavior (If you hadn't done this, I wouldn't have acted that way).
5. One plays mind games.
6. One lies frequently.
7. One prevents or tries to prevent the other from having a job, or spending time outside of the relationship.
8. One breaks or throws things.
9. One frequently criticizes the other.
10. One pushes, hits, grabs and uses physical force to control the other.
11. One ignores the other and withholds affection in order to punish the other.
12. One person insists on making all decisions.