

Unhealthy Relationship

Healthy Relationship

Coercion and Threats:

- ◆ Making and/or carrying out threats to do something to hurt you.
- ◆ Threatening to leave you, commit suicide, report you to CPS.
- ◆ Making you drop charges.

Negotiation and Fairness:

- ◆ Making you do illegal things.
- ◆ Being willing to compromise.
- ◆ Accepting change
- ◆ Seeking mutually satisfying resolutions to conflict.

Intimidation:

- ◆ Making you afraid by using looks, actions, and gestures.
- ◆ Smashing things. Destroying your property.
- ◆ Abusing pets.
- ◆ Displaying weapons.

Non-threatening behavior

- ◆ Feeling safe to be yourself.
- ◆ Talking and acting so that you feel safe expressing yourself and doing thing.
- ◆ Doesn't try to control your life.

Emotional abuse:

- ◆ Putting you down. Calling you names.
- ◆ Making you feel bad about yourself.
- ◆ Making you think or feel crazy.
- ◆ Making you feel guilty.

Respect

- ◆ Listening to you non-judgmentally.
- ◆ Being understanding.
- ◆ Values your opinions.

Isolation:

- ◆ Controlling what you do, who you see, and who you talk to, what you read, where you go.
- ◆ Limiting your involvement with friends or activities.
- ◆ Using jealousy to justify isolating behavior.

Trust and support

- ◆ Supports your goals.
- ◆ Able to have a life outside of the relationship.
- ◆ Respecting your rights to your own feelings, friends, activities and opinion.

Minimizing, denying and blaming:

- ◆ Making light of the abuse.
- ◆ Not taking your concerns seriously.
- ◆ Saying the abuse didn't happen or is your fault.

Honesty and Accountability

- ◆ Accepts responsibility for abusive behavior.
- ◆ Acknowledge his past use of violence.
- ◆ Communicates openly and truthfully.

Using children:

- ◆ Making you feel guilty about the children.
- ◆ Using the children to relay messages.
- ◆ Using visitation to harass you.
- ◆ Threatening to take the children away.

Responsible Parenting

- ◆ Shares parental responsibility.
- ◆ Is a positive non-violent role model for the children.

Economic Abuse:

- ◆ Preventing you from getting or keeping a job.
- ◆ Making you ask for or taking your money.
- ◆ Spending family money recklessly.
- ◆ Not letting you know about or have access to family income.

Economic Partnership

- ◆ Making money decisions together.
- ◆ Ability to talk about money openly and honestly.
- ◆ Making sure you both benefit from financial arrangements.

Male Privilege:

- ◆ Treating you like a servant.
- ◆ Making all the big decisions.
- ◆ Acting like "master of the house."

Shared Responsibility

- ◆ Mutually agreeing on distribution of household duties.
- ◆ Making family decisions together.