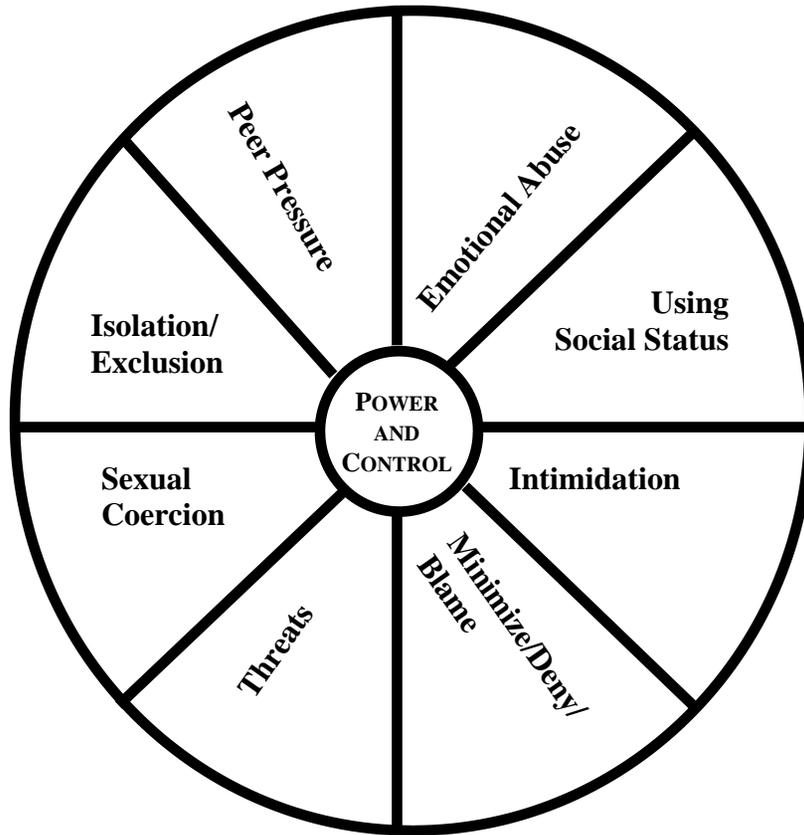


Abusive and Healthy Relationships: What's the Difference?



AN ABUSIVE RELATIONSHIP MIGHT INCLUDE...Threatening to expose you or spread rumors, telling malicious lies about you to peer group*Controlling what you do, who you see or talk to, what you read, where you go*Limiting your activities*Using jealousy to justify actions*Manipulating or making threats to get sex or not use birth control*Forced pregnancy*Getting you drunk or high to have sex*Threatening to leave*Threatening suicide*Threatening to hurt you or someone you care about*Saying the abuse didn't happen or is all your fault, that you deserve it*Shifting responsibility for abusive behavior*Abusing pets*Displaying weapons*Scaring you with looks, words, gestures*Destroying your property*Invading your privacy*Treating you like a servant*Telling you how to act*Making all the decisions*Putting you down*Making you feel bad about yourself*Name calling* Making you think you're crazy*Playing mind games*Humiliation*Making you feel guilty.

AN ABUSIVE RELATIONSHIP REVOLVES AROUND ISSUES OF POWER AND CONTROL.

A HEALTHY RELATIONSHIP SHOULD INCLUDE...Feeling safe to express yourself*Not using threats or manipulative actions*Seeking mutually satisfying resolution to conflict*Accepting change*Being willing to compromise*Communicating openly and truthfully*Being honest to yourself and about your feelings*Making decisions together*Sharing parenting duties if there are children*Listening without judging*Valuing opinions*Supporting each others' goals*Respecting time alone*Supporting individual identity*Accepting responsibility for yourself and your actions*Acknowledging if there has been past abuse and understanding the need to change*Being able to break up if your feelings change.

A HEALTHY RELATIONSHIP IS BUILT AROUND EQUALITY.