

Relationships are always challenging, even when all goes well and both partners treat the other with respect. A good relationship provides a safe haven for each partner - a haven in which they can grow both as a couple and as individuals. Every relationship will experience disagreements or cranky moments; but it is how the couple handles these situations that will determine the health and longevity of the relationship. In this document is information that will help you define and evaluate the present health as well as the prognosis for a healthy future.

Healthy or Abusive - the characteristics of a safe and healthy relationship vs. an abusive relationship
Power & Control - recognizing the various behaviors that may indicate that you are in an abusive relationship.

Relationships - Healthy vs Abusive

*Adapted from *Don't Die for Love - STOP DOMESTIC VIOLENCE*, from Women's Work, Public Arts Program of Liz Claiborne, Inc.

Patterns of verbal, psychological and physical abuse often escalate resulting in personal assault, rape, domestic or dating abuse, even murder

HEALTHY RELATIONSHIPS	ABUSIVE RELATIONSHIPS
PARTNERSHIPS <ul style="list-style-type: none"> • Joint decision making • Shared responsibilities 	DOMINATION <ul style="list-style-type: none"> • Abuser decides • Servant/Master
EMOTIONAL HONESTY <ul style="list-style-type: none"> • Feel safe to admit and share fears and insecurities 	EMOTIONAL MANIPULATION <ul style="list-style-type: none"> • Use jealousy, passion, stress & frustration to justify actions
SEXUAL RESPECT <ul style="list-style-type: none"> • Accept that "no" means "no" 	SEXUAL ABUSE <ul style="list-style-type: none"> • Force partner to do things against his/her will.
PHYSICAL SAFETY <ul style="list-style-type: none"> • Respect partner's physical space • Express self non-violently 	PHYSICAL ABUSE <ul style="list-style-type: none"> • Hit, choke, kick, pinch, pull hair, poke, twist arms, trip, bite, retrain, use weapons
SUPPORTIVE & TRUSTING <ul style="list-style-type: none"> • Listen and understand • Value partner's opinions 	CONTROLLING <ul style="list-style-type: none"> • Name calling, mind games • Isolate partner from friends, loved ones
REPECTFUL <ul style="list-style-type: none"> • Respect right to differing feelings, friends, and activities • Support partner's goals 	INTIMIDATING <ul style="list-style-type: none"> • Charming in public, menacing in private • Destroying property or pets • Making light of abuse: "You're too sensitive"

Relationships - Power & Control

Whether you are in a marriage, dating, or living together unmarried, you need to be aware of the signs that your “partner” is in a Power and Control game with you. But this is no game! It is real and it is potentially extremely dangerous to your emotional, spiritual, and physical well-being. Below are just some of the telling signs. For additional information on Power and Control in relationships as well as The Power & Control Wheel, refer to the “*Domestic Violence Facts*,” an article by the National Coalition Against Domestic Violence. The “*Power & Control Wheel*” follows on the next page.

**Adapted from Domestic Abuse Intervention Project, Duluth, MN*

Verbal Abuse	<ul style="list-style-type: none"> • Calling you names • Criticizing you • Humiliating you publicly • Putting you down • Embarrassing you
Destruction of Personal Property	<ul style="list-style-type: none"> • Destroying personal effects (pictures, letters, clothing, gifts) • Ruining belongings • Defacing or causing damage to partner's home or auto.
Threats, Anger and Intimidation	<ul style="list-style-type: none"> • Using looks, actions, expressions or a loud voice to intimidate partner • Smashing or throwing objects • Threatening to leave partner or abandoning him/her in a dangerous place • Threatening physical harm
Jealousy, Isolation, Possessiveness and Restriction of Freedoms	<ul style="list-style-type: none"> • Using jealousy as a sign of love instead of insecurity • Controlling what partner does, whom partner sees and talks to, where partner goes • Refusing to let partner work or join activities/dropping by unexpectedly to “watch” activities • Accusations of you cheating on partner
Abuse of “Male Privilege”	<ul style="list-style-type: none"> • Making all the decisions • Going out with the “boys” but not allowing you to do so with your friends • Walking out on an argument and leaving you • Doing all the telephoning and expecting you to be there
Sexual Abuse	<ul style="list-style-type: none"> • Unwanted or uncomfortable touching • Continued sexual advances after being told “no” • “Forced” sex • “Playful” use of force during sex • Treating you like a sexual object
Physical Abuse	<ul style="list-style-type: none"> • Any attempt to hurt or scare you physically • Hitting, Biting, Hair Pulling • Grabbing, Pushing • Shoving, Tripping, Kicking
Psychological and Emotional Abuse	<ul style="list-style-type: none"> • Putting you down and making you feel bad about yourself • Playing mind games or making you feel crazy • Telling “secrets” to others • Ignoring you or giving you the “silent” treatment

POWER & CONTROL WHEEL

From *Domestic Violence Facts* by National Coalition Against Domestic Violence (NCADV)

