

A healthy relationship is when trust is being built through mutual boundaries, equality, and positive communication, and both partners feel empowered individually within the relationship.

Evaluate your relationship; here are some key indicators of healthy behavior in a relationship.

“I TRUST YOU WITH MY DREAMS, EMOTIONS, AND MY BODY.”

In my relationship, my **BOUNDARIES** are respected:

- My partner respects my physical and emotional boundaries. They keep their word and do not lie or keep secrets from me.
- Consent is the foundation of our relationship; I have never felt pressured or threatened to be intimate (have sex).
- We are in agreement that “no” is a complete sentence and that neither of us owes the other anything.

“WE ARE THERE FOR EACH OTHER AND SUPPORT ONE ANOTHER’S PERSONAL STYLE AND WORK TO MAKE SURE THAT WE EACH HAVE A VOICE IN THE RELATIONSHIP.”

In my relationship, my **EQUALITY** is demonstrated by consistent acts of:

- Creating an atmosphere that promotes independence with the relationship; we are both free to express our beliefs, choose our friends, dress in a way that makes us feel good, etc without approval from the other person.



If you or someone you know isn't feeling safe in their relationship, please call:

1-800-799-SAFE (7233)

**HARRIS COUNTY DOMESTIC VIOLENCE
COORDINATING COUNCIL (HCDVCC)**

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HEALTHY RELATIONSHIPS 101

**CREATING A
FOUNDATION TO
END INTIMATE
PARTNER VIOLENCE**



- We use our negotiation and conflict resolution skills to address a difference in opinion and are comfortable making and asking for suggestions on things like date night, making financial purchases or what's for dinner.
- We practice "give and take" and recognize that each of us has strengths and weaknesses and use those to leverage the overall strength of our relationship.

"I FEEL SEEN, SAFE AND HEARD IN MY RELATIONSHIP; I AM ABLE TO SPEAK UP."

In my relationship, **COMMUNICATION** is clear and open, and as a result, I feel:

- Free to tell my partner how I feel without fear of retaliation.
- Able to share my thoughts when I am feeling disrespected in the relationship and also to reach out to ask if I have disrespected my partner unknowingly.
- When I share with my partner my concerns, they "listen" and we are able to grow closer as a result of communicating.



"I AM AMAZING AS A PERSON. I AM WHOLE AND COMPLETE."

I love being in my relationship, and I'm also able to appreciate who I am and what I bring to the relationship. My sense of **SELF-ESTEEM** is intact and also encouraged by my partner.

- I feel good about myself and do not require my partner's approval and do not feel disempowered by their disapproval.
- I am able to set goals and achieve them independently and make contributions to our relationship and feel valued.
- Overall, I am happy being a part of my relationship.

These are some "jumpstart" questions to assess and/or set expectations for your relationship. The presence of boundaries, equality, communication, and self-esteem can build trust and safety within a relationship.

The absence of these pillars may be a red flag, and consulting with a trusted friend, relative or advocate may be advisable.

NEXT, REVIEW THE FOUR PILLARS OF A HEALTHY RELATIONSHIP AND RATE YOUR RELATIONSHIP ON A SCALE OF 1 TO 3.

1 = NOT AT ALL

2 = SOMETIMES

3 = DEFINITELY

1

BOUNDARIES

I trust my partner with my dreams, emotions, and body.

1

2

3

2

EQUALITY

We are there for each other and support one another's personal style and work to make sure that we each have a voice in the relationship.

1

2

3

3

COMMUNICATION

I feel safe, seen and heard in my relationship; I am able to speak up.

1

2

3

4

SELF-ESTEEM

I am amazing as a person. I am whole and complete.

1

2

3

For every statement that is below "3," ask yourself what needs to change to move it to a 3.