

# Family Shelter Service

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## ❖ **COMPARING HEALTHY AND DESTRUCTIVE RELATIONSHIPS** ❖

<b>HEALTHY RELATIONSHIP</b> <i>(Equality and partnership)</i>	<b>DESTRUCTIVE RELATIONSHIP</b> <i>(control and abuse)</i>
<p><b>Negotiation and fairness</b></p> <ul style="list-style-type: none"> <li>• seeking mutually satisfying resolutions to conflict</li> <li>• accepting change</li> <li>• being willing to compromise</li> </ul>	<p><b>Using coercion and threats</b></p> <ul style="list-style-type: none"> <li>• using physical force against anyone</li> <li>• making and/or carrying out threats to do something to hurt others</li> <li>• threatening to leave others, to commit suicide, to report others to welfare, police, etc.</li> <li>• making others drop charges</li> <li>• making others do illegal things</li> </ul>
<p><b>Non-threatening behavior</b></p> <ul style="list-style-type: none"> <li>• talking and acting so that both self and others feel safe and comfortable expressing themselves and doing things</li> </ul>	<p><b>Using intimidation</b></p> <ul style="list-style-type: none"> <li>• making others afraid by using looks, actions, gestures</li> <li>• smashing things</li> <li>• destroying others' property</li> <li>• abusing pets or other animals</li> <li>• displaying weapons (such as knives)</li> </ul>
<p><b>Economic partnership</b></p> <ul style="list-style-type: none"> <li>• making money decisions together</li> <li>• making sure both others and self benefit from financial arrangements</li> </ul>	<p><b>Using economic abuse</b></p> <ul style="list-style-type: none"> <li>• preventing others from getting or keeping a job</li> <li>• making others ask for money</li> <li>• giving others a restricted or conditional 'allowance'</li> <li>• taking others' money (including using others as 'providers')</li> <li>• not letting family others know about or have access to family income</li> </ul>
<p><b>Respect</b></p> <ul style="list-style-type: none"> <li>• listening to others non-judgmentally</li> <li>• being emotionally affirming and understanding, both of self and others</li> <li>• valuing opinions of both self and others</li> </ul>	<p><b>Using emotional abuse</b></p> <ul style="list-style-type: none"> <li>• putting others down</li> <li>• making others feel bad about themselves</li> <li>• calling others names</li> <li>• making others think they're crazy</li> <li>• playing mind-games</li> <li>• humiliating others</li> </ul>

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|  | <ul style="list-style-type: none"><li>• attempting to control others' feelings</li><li>• forcing others to control or deny what they feel</li><li>• making others feel guilty</li></ul> |
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<p><b>Sexual respect and trust</b></p> <ul style="list-style-type: none"> <li>• respecting each others' sexuality as real and natural</li> <li>• being open and honest with each other about sexual needs, desires, feelings and fears</li> <li>• being responsible with each other about safe sex and birth-control</li> <li>• negotiating mutually appropriate types and levels of sexual relationship</li> </ul>	<p><b>Using sexuality</b></p> <ul style="list-style-type: none"> <li>• ignoring or overriding others' sexual choices, feelings or fears</li> <li>• denying or mocking others' sexuality</li> <li>• promising or withholding sex to control or punish others</li> <li>• blaming others for sexual miscommunication</li> <li>• assigning to others the sole responsibility for sexual safety and birth-control</li> <li>• misleading others about sexual safety and birth-control</li> </ul>
<p><b>Shared responsibility</b></p> <ul style="list-style-type: none"> <li>• mutually agreeing on a fair distribution of work</li> <li>• making family decisions and other social decisions together</li> </ul>	<p><b>Using gender privilege and social privilege</b></p> <ul style="list-style-type: none"> <li>• treating others like servants</li> <li>• excluding others from making decisions that concern them ('making all the big decisions')</li> <li>• acting like the 'owner' of others – assuming 'authority' from social stereotypes</li> <li>• being the one to define male and female roles, or other social or familial roles</li> </ul>
<p><b>Trust and support</b></p> <ul style="list-style-type: none"> <li>• supporting both self and others' goals in life</li> <li>• respecting self and others' right to their own feelings, friends, activities and opinions</li> </ul>	<p><b>Using isolation</b></p> <ul style="list-style-type: none"> <li>• controlling what others do, who they see and talk to, what they read, where they go</li> <li>• limiting others' outside involvement</li> <li>• using jealousy or envy to justify hurtful actions</li> </ul>
<p><b>Responsible parenting</b></p> <ul style="list-style-type: none"> <li>• sharing parental responsibilities</li> <li>• being a positive non-violent role model for children</li> </ul>	<p><b>Using children</b></p> <ul style="list-style-type: none"> <li>• making others feel guilty about their children</li> <li>• using the children to relay messages</li> <li>• using visitation to harass others</li> <li>• threatening to take the children away</li> </ul>
<p><b>Social self-responsibility</b></p> <ul style="list-style-type: none"> <li>• being aware and honest with each other</li> <li>• sharing social respect and social responsibility</li> <li>• creating trust with others and with the wider community</li> <li>• respecting each others' history, background and humanity</li> </ul>	<p><b>Using others (third-party abuse)</b></p> <ul style="list-style-type: none"> <li>• spreading rumors about others</li> <li>• misinforming third-parties (family, friends, colleagues, police, court, state agencies) about others' life or actions</li> <li>• denigrating others' groups (sex, nationality, race, religion, sexual orientation, etc.)</li> <li>• using stories to justify actions against others</li> </ul>
<p><b>Honesty and accountability</b></p> <ul style="list-style-type: none"> <li>• accepting responsibility for self, and about others</li> <li>• acknowledging past use of violence and abuse</li> </ul>	<p><b>Minimizing, denying and blaming</b></p> <ul style="list-style-type: none"> <li>• making light of the abuse and not taking others' concerns about it seriously</li> <li>• saying the abuse didn't happen</li> </ul>

- admitting being wrong
- communicating openly and truthfully

- shifting responsibility for abusive behavior
- saying others caused it