

Family Shelter Service

605 EAST ROOSEVELT ROAD • WHEATON, ILLINOIS 60187 • HOTLINE: (630) 469-5650

✧ ***Relationship Bill of Rights*** ✧

- ◆ The right to emotional support
- ◆ The right to be heard by your partner and to be responded to with courtesy
- ◆ The right to have your feelings and experiences acknowledged as real and valid
- ◆ The right to clear and informative answers to questions that concern you
- ◆ The right to live free from criticism and judgment
- ◆ The right to live free from accusation and blame
- ◆ The right to encouragement
- ◆ The right to live free from emotional and physical threat
- ◆ The right to be respectfully asked, rather than "ordered"
- ◆ The right to goodwill from your partner
- ◆ The right to live free from angry outbursts and rage