

When learning about relationships, we often are not instructed fully on what is healthy, what is normal, and what is unproductive. When people talk about Intimate Partner Violence (IPV), or domestic violence, we can easily point out the negative actions, but what about the positive actions?

Conflicts happen in all relationships and even in the best relationships people will have arguments. How conflicts are handled either moves couples together or apart in the relationship. When people are honest they are clear with their intention. When people are accountable they own up to their responsibility.

In a healthy relationship, a couple can be clear with each other on what they desire, do their share without being told, and if they make a mistake, understand how it affects others and strive not to make that same mistake again.

* The Equality Wheel was developed by the Domestic Abuse Intervention Project Duluth, MN

Facts on the basis of a healthy relationship:

Partners trust each other to not deliberately hurt one another and are intent upon loving themselves and each other.

They each work to support one another, rather than being intent on protecting, avoiding or controlling.

Healthy partners, instead of being threatened by the other's success or joy, are delighted by it.

It is the commitment to learn about love that leads to being able to take personal responsibility for your own feelings.

For more information or help call:

[Insert your local contact info]

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HONESTY AND ACCOUNTABILITY



What does it look like to have cooperation in relationships?



Mending the Sacred Hoop
mshoop.org

Wilma and Archie have been together for over 30 years and have raised four kids. Both had been sober for over 10 years, until recently one of their adult children unexpectedly died. They both relapsed. One night while drinking, Archie upset Wilma and she wanted to leave. Knowing she was too drunk to drive, Archie apologized for what he said and had his brother pick him up so she had space for herself.

Accountability and responsibility are closely linked. Acknowledging your impact on others and taking steps to correct your behavior helps to work through conflict.

There had been violence in the past. Most of it was mutual and occurred when Wilma and Archie drank. Wilma has been more depressed and bitter about the loss of their child, while Archie has become more aggressive. Wilma worried about this and told him he needed help. Archie agreed that it has been hard and he hasn't been dealing with it well and started to look for help.

Honesty with yourself and others about strengths and weaknesses is crucial to personal growth and development.

Archie realized that some of the troubles their child experienced were related to his past treatment of the children and Wilma. He found groups and resources to help him learn about being a better partner and controlling behavior and began sharing what he was learning with Wilma so she knew he was committed to change.

Being accountable for your actions requires staying focused on what you are doing, rather

Archie struggles with Wilma's drinking particularly now that he's sober again. He knows things won't improve if he starts demanding things from her because of his past controlling behavior. He uses his groups and meetings to help him process his challenge.

Realizing that you can't control everything and may need support is being honest and accountable to yourself. This in turn, helps you become more honest with others.

