

When learning about relationships, we often are not instructed fully on what is healthy, what is normal, and what is un-productive. 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?

In this brochure we are exploring the Equality Wheel* and examples of Non-Threatening Behavior.

In a healthy relationship each partner supports the other and encourages physical, emotional, mental and spiritual well-being. Being encouraging and non-threatening is based on being self-less.

Partners ensure that there is space, time and opportunity for personal growth and exploration of self for the other while not taking over or determining what that should look like.

* 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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ENCOURAGEMENT

(NON-THREATENING BEHAVIOR)



What does it look like to have cooperation in relationships?



Mending the Sacred Hoop
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Katy and Gerald have been together for 15 years and have a 13-year-old son, David. Katy and Gerald were separated for several months after Gerald assaulted her. During this time, Gerald got help and showed progress they started to rebuild their relationship.

It is very common for couples to stay together after a violent assault. While it's nearly impossible to predict when or if another assault will occur, it's important to have support systems in place to ensure she has access to safety and he knows he will be held accountable for changing his behaviors.

Katy will still express a lot of anger and/or sadness about the abuse she experienced. Gerald knows that she needs him to listen and understand without trying to "fix it" or get upset when hearing about it.

Rebuilding trust takes an extreme amount of time after abuse. The abuser has to accept this and know that they have to prove themselves each and every day in order to re-build the relationship.

Gerald learned about the impact of his behavior through a batterers' intervention program, while Katy learned about intimate partner violence through a support group.

Rebuilding after violence is a process. Each person has to have time and a way to redefine themselves and acquire new information. It's important that each person does this on their own, rather than together, to establish a new sense of autonomy.

Katy now volunteers for overnight shifts at a domestic violence shelter on weekends. Gerald knows how important this is for her and makes sure all the household chores are done so she can relax and rest during the day.

Men who batter are often threatened when their partners start to change and empower themselves. They have to accept that change is part of a healing process and support this change in order to have a healthy relationship.

Katy and Gerald still have disagreements, but Gerald ensures that his tone of voice and body language are very non-threatening and relaxed during disagreements.

Conflict skills are extremely helpful for couples to resolve issues in a healthy way.

NON-THREATENING BEHAVIOR

Talking and acting so that she feels safe and comfortable expressing herself and doing things.

RESPECT

Listening to her non-judgmentally • being emotionally affirming and understanding
• valuing opinions.

SHARED RESPONSIBILITY

TRUST AND SUPPORT

• being a positive role model for the children.
• self • acknowledging past use of violence • admitting being wrong • communicating openly and truthfully.