

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 any relationship, you have to be able to trust and support one another in order to have a close intimate connection. It's important to show your partner that you are reliable, responsible, and dependable.

In a healthy relationship, you should feel comfortable around the other person and not fear for your physical and emotional safety. There should be the freedom to share information with your partner without worrying that they will share it with others, gossip, or use it against you.

* 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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TRUST AND SUPPORT



What does it look like to have cooperation in relationships?



Mending the Sacred Hoop
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Regina has had a rough life. She comes from a violent home with alcoholic parents. She was sexually assaulted as a teen and has had a drinking problem since. At 22, she now has an ongoing child protection case over her 2-year-old daughter. She and the father, David, separated when she was pregnant but he continued to be present during the pregnancy and birth of their daughter.

Relationships are challenging to build and even more challenging to maintain after separation. When the couple have a child together the ability to rely on the co-parent and work together is critical – each parent is responsible for the child.

When Regina and David first married, they moved far away to start a new life together. Soon David was working all the time and Regina was unhappy being away from the support of her friends and family. David wanted to pursue his career while Regina wanted to return home. Ultimately, this led to the break-up of their relationship.

Making decisions while building a relationship must take into account the needs of each individual. Being honest and clear about desires and goals may lead a couple apart. In a healthy relationship, the process of “un-coupling” is the reverse of dating – the two people now have to define the terms of the new relationship/ friendship will be apart.

Drinking was the main activity in David and Regina’s relationship. When she became pregnant she sobered up and David stopped drinking at home and cut down going out to bars to support her.

Sometimes making personal changes and sacrifice is needed to support your partner and better the relationship.

David was often tired after work, while Regina was excited to have him home as she felt lonely in the new city. They made sure to spend time talking about one another’s day every night before moving on to household tasks and other activities.

Giving one another time and undivided attention in order to “de-stress” after work, school, or a day with kids, gives a

