Abusive and Healthy Relationships: What's the Difference?

An Abusive Relationship Might Include... Threatening to expose you or spread rumors, telling malicious lies about you to peer group*Controlling what you do, who you see or talk to, what you read, where you go*Limiting your activities*Using jealousy to justify actions*Manipulating or making threats to get sex or not use birth control*Forced pregnancy*Getting you drunk or high to have sex*Threatening to leave*Threatening suicide*Threatening to hurt you or someone you care about*Saying the abuse didn't happen or is all your fault, that you deserve it*Shifting responsibility for abusive behavior*Abusing pets*Displaying weapons*Scaring you with looks, words, gestures*Destroying your property*Invading your privacy*Treating you like a servant*Telling you how to act*Making all the decisions*Putting you down*Making you feel bad about yourself*Name calling* Making you think you're crazy*Playing mind games*Humiliation*Making you feel guilty.

An Abusive Relationship Revolves Around Issues of Power and Control.

An Abusive Relationship Might Include... Threatening to expose you or spread rumors, telling malicious lies about you to peer group*Controlling what you do, who you see or talk to, what you read, where you go*Limiting your activities*Using jealousy to justify actions*Manipulating or making threats to get sex or not use birth control*Forced pregnancy*Getting you drunk or high to have sex*Threatening to leave*Threatening suicide*Threatening to hurt you or someone you care about*Saying the abuse didn't happen or is all your fault, that you deserve it*Shifting responsibility for abusive behavior*Abusing pets*Displaying weapons*Scaring you with looks, words, gestures*Destroying your property*Invading your privacy*Treating you like a servant*Telling you how to act*Making all the decisions*Putting you down*Making you feel bad about yourself*Name calling* Making you think you're crazy*Playing mind games*Humiliation*Making you feel guilty.

A Healthy Relationship Should Include... Feeling safe to express yourself*Not using threats or manipulative actions*Seeking mutually satisfying resolution to conflict*Accepting change*Being willing to compromise*Communicating openly and truthfully*Being honest to yourself and about your feelings*Making decisions together*Sharing parenting duties if there are children*Listening without judging*Valuing opinions*Supporting each other's goals*Respecting time alone*Supporting individual identity*Accepting responsibility for yourself and your actions*Acknowledging if there has been past abuse and understanding the need to change*Being able to break up if your feelings change.

A Healthy Relationship is Built Around Equality.