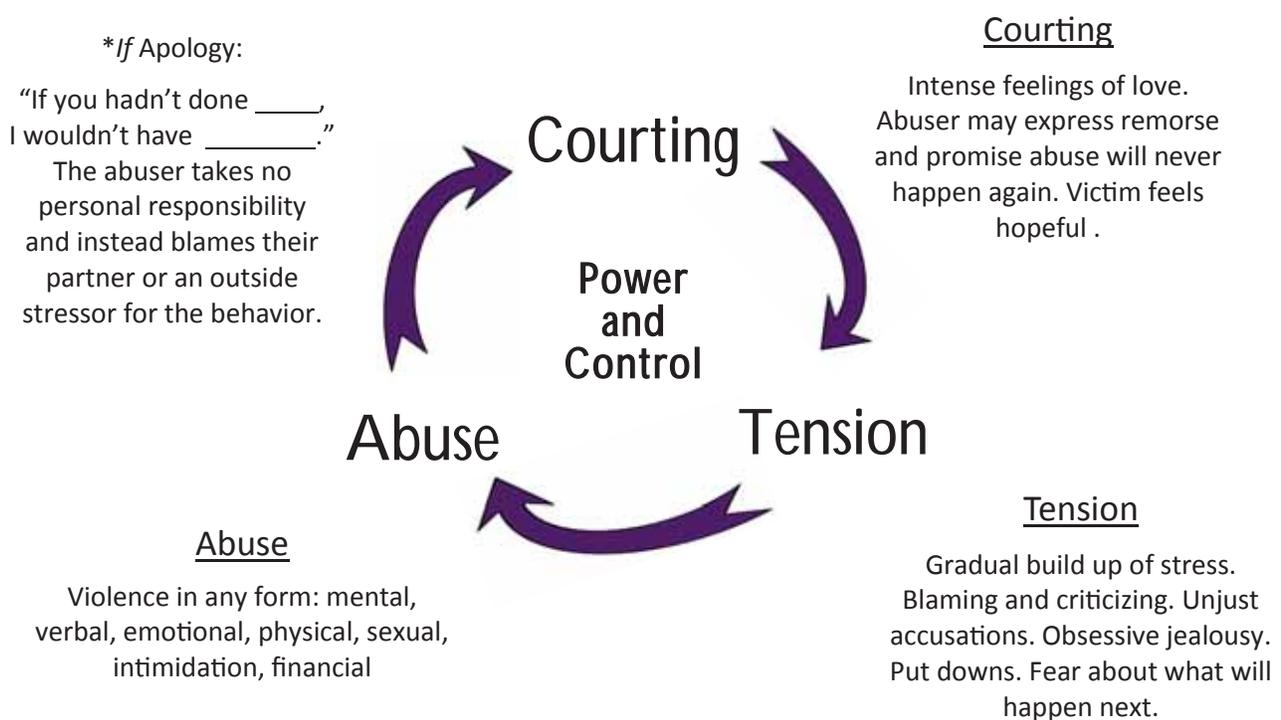


Abusive Relationship Cycle

People in an abusive relationship do not experience abusive behavior all the time, which is partly why they stay in the relationship. Many abusive relationships follow a pattern with three phases: love, tension, and abuse.

Abuse happens in many different ways, and a relationship can go through this cycle many times before becoming physical. In some relationships the cycle will include only abuse and tension.



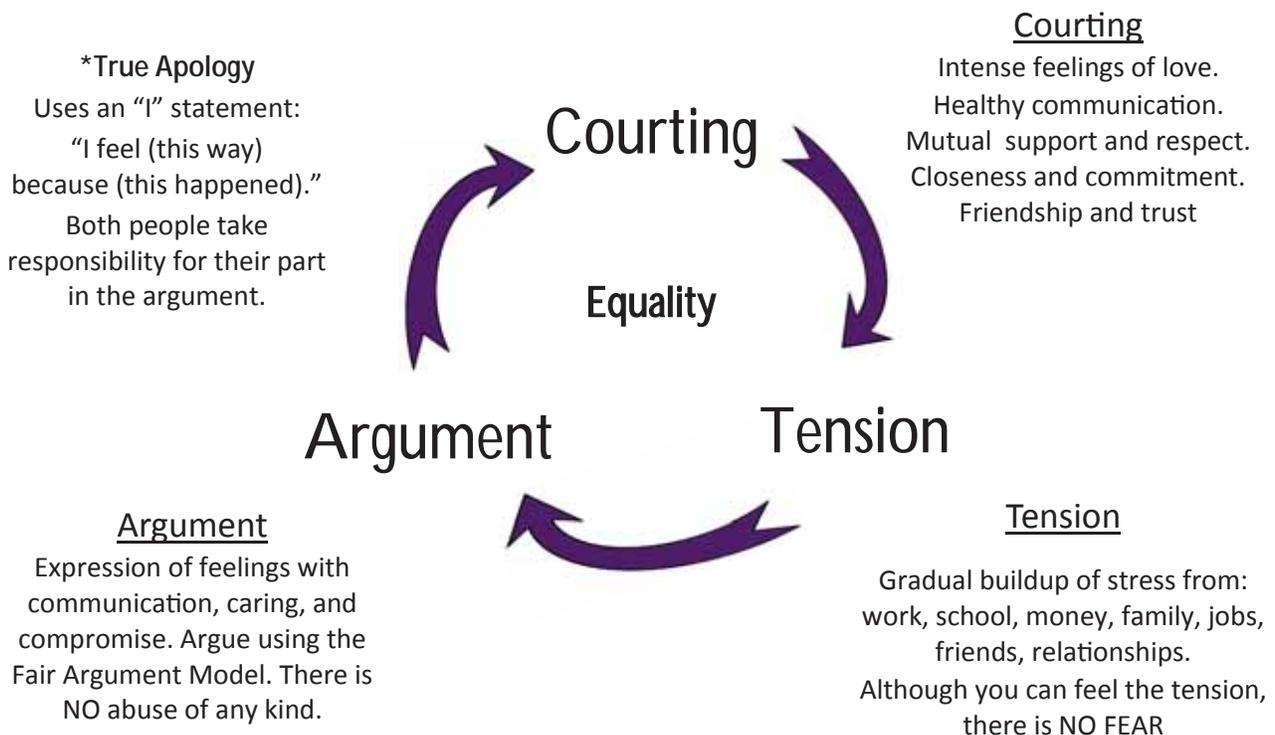
Top Ten Warnings Signs for Abuse

Although there are many warning signs for abuse, here are some of the most common.

1. Extreme jealousy or insecurity
2. Isolation from friends and family
3. Quick involvement and commitment
4. Checks partner’s cell phone/e-mail without permission
5. Constant put downs
6. Blames others for feelings/problems
7. Mood swings or explosive temper
8. Physically hurts partner in any way
9. Controlling behavior
10. Unrealistic expectations

♥ Healthy Relationship Cycle ♥

Healthy relationships have both good and bad times. Like all relationships, they go through cycles. Even in healthy relationships it is normal to take space to respectfully express frustrations and concerns. Maintaining a healthy relationship takes effort, trust and open communication. Each partner holds themselves accountable for their own behaviors.



Model for a Fair Argument

Arguing is a normal, healthy part of any relationship. Every relationship will have good times, tense times and arguments. When emotions are running high, it is helpful to have communication tools to keep the argument compassionate and safe.

1. Identify the problem/issue
2. Focus on the current problem/issue
3. Take personal responsibility
4. Use "I" Statements
5. No Fouls—no swearing, yelling, violence
6. Don't be stubborn
7. Pay attention to timing
8. Take a break if needed, and come back when everyone is calm
9. LISTEN!
10. Discuss specific actions for future conflict