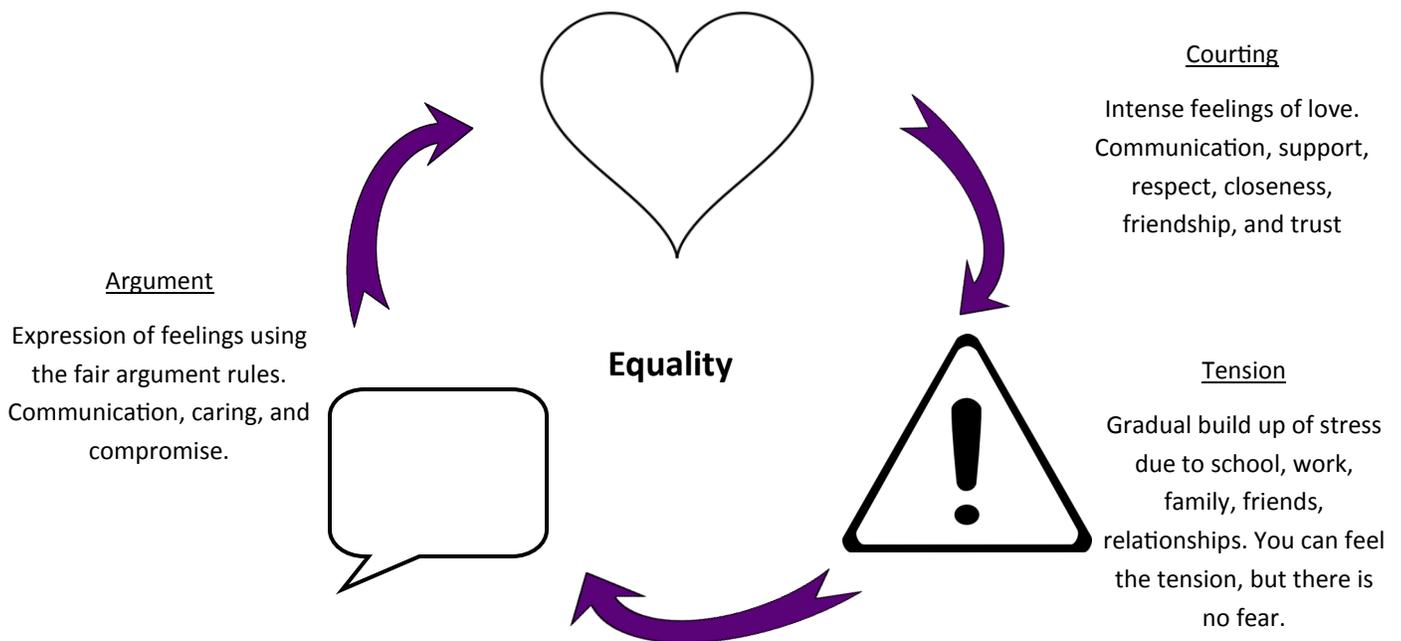


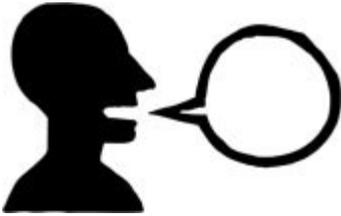
Healthy Relationship Cycle

You may be surprised to know that the cycle of a healthy relationship is very similar to the cycle of an abusive relationship! Every relationship follows a pattern, but do not be fooled, there are very important differences. Relationships are never perfect and maintaining a strong one takes some work—by both people. Do you have any relationships that look like the one below?



Am I in a Healthy Relationship?

- You know you are in a healthy relationship with someone when you feel good about yourself when you're around them
- Healthy relationships require a lot of give and take. No partner is more important than the other.
- You should feel safe around the other person and feel like you can share your secrets without being judged. In a healthy relationship, you should *like* to spend time with the other person, instead of feeling pressured into spending time with them.
- At the same time, it's healthy to spend time apart and to have your own hobbies and friends.



The Fair Argument Rules

Arguing is a normal, healthy part of any relationship. Every relationship will have good times, tense times and arguments. It is HOW we argue that shows whether it is a healthy or unhealthy fight. The following tools will allow you to “fight fair”. These tools work with partners, friends, family members, and parents, but you BOTH have to agree to use them.

- Identify and Focus on the problem - not the person, and be willing to solve it. Only deal with one problem at a time and don't bring up the past.
- Take personal responsibility - hold yourself accountable for your actions
- Use “I” Statements - try not to use “you” statements
- No Fools - no swearing, blaming, put downs, violence, or name calling
- Don't hold grudges - if you are not happy with the results, be honest and bring it up
- Don't be stubborn - be willing to be wrong and try to see your partner's point of view
- Pay attention to timing - bring it up when you and your partner have time to talk about it
- Take a break - if things are heating up, take a break to cool down
- LISTEN - take to heart what your partner is saying instead of trying to think what you'll say next
- Try not to get defensive or attacking - speak and act like you mean it, without attacking or running away from your partner

Don't be overwhelmed! Even though there are a lot of rules, try and pick two that you really struggle with. Once you've mastered those, move on to another two until you have the entire list down!