

# Healthy Relationships

## Healthy Relationships Make Us Feel

**Supported**

**Confident and optimistic**

**Respected**

**Loved and cared for**

**Physically and emotionally safe**

**Happy**

If this doesn't sound like your relationship, you may be experiencing an imbalance of power that already has or may lead to assaultive and coercive behavior. That could include physical, sexual, verbal or psychological abuse as well as economic control. Relationships rarely start out hurtful. Control and violence emerge over time, often after a great deal of emotional investment and commitment. If you are just getting to know someone, trust your instincts, and take your time. Communicate your expectations and boundaries from the start.

If you think you are being abused be assured the violence is not your fault. Partners often try to put the blame for their actions on the person they have hurt. There is no excuse for violence. Consider talking to a friend, family member or resource person who puts your safety first. You don't have to be alone - help is available at UCSF and in the community.

If you think you may be abusing your partner, take responsibility for your words and actions. Don't blame your behavior on your partner, drugs, alcohol, stress, school or other excuses. Separate from your partner for now and seek help. Contact counseling services to talk to someone who can help you to stop the violence in your relationship.

## Some Common Signs of an Unhealthy Relationship

- Your partner resents time you spend with others; is jealous.
- You are afraid of your partner when s/he becomes angry.
- Your partner has physically harmed or threatened to hurt you, him/her/themselves or your loved ones or pets.
- You are afraid to end this relationship.
- You've done things you didn't want to do to keep your partner from getting angry.
- Your partner disrespects your feelings or beliefs; ridicules or humiliates you or those close to you.
- Your partner wants to know where you are every minute; texts and constantly, and turns up unexpectedly
- Your partner takes your money, car, valuables or has debt in your name.

**You can't control your partner's behavior but you *can* choose your own actions and responses. You do not need to make a decision about the future of your relationship to talk to someone about it.**