Are you in a healthy relationship or do you fear the one you love?

Does this person stimulate your mind and spirit (and body if it is a romantic relationship)?

Does being in a relationship with this person help you to become the person you want to be?

INGREDIENTS OF A HEALTHY RELATIONSHIP

RESPECT
HONESTY
TRUST
COMMUNICATION
GIVEN AND TAKEN IN EQUAL DOSES
HEALTHY RELATIONSHIPS

Finding a good partner requires being a good partner.

Know yourself:
- Know what past experiences have taught you.
- Know what is important to you. (smart, funny, kind, hot athletic, animal-lover, etc.)
- Know what imperfection you can live with. (there will always be some)

Develop your conflict resolutions skills
- How do you deal with conflict? (win, yield, withdraw, compromise, resolve, etc.)

Develop your communication skills
- Active listening without interruption
- Paraphrasing
- Taking turns
- Identifying emotions
- Using “I” statements
- Asking for what you want

RESPECT — learning about the other person
valuing what is important to them

Respect reflects the value, validation and the worth of another person. No one should “lose” a part of themselves in a relationship (goals or dreams, other friendships, beliefs or values, or the right to make decisions).

If respect is lacking from a relationship, an “imbalance of power” follows—one person seems to decide for both people what is important, what is acceptable, and what is best for “them”.

Respect in a sexual relationship asks for each partner to feel valued enough to talk openly about both their desires and fears on a sexual level. Each should respect their own body, feel comfortable choosing to be or not to be sexually active, and at what pace and level.
HONESTY— is crucial to a relationship. True honesty about our thoughts, feelings about what we want to happen in the relationship is a challenge.

Why? We don’t trust ourselves to be honest because maybe we are afraid the “real me” isn’t likable. We just don’t have a lot of practice with honesty.

People who are deceitful and manipulative are often incapable of creating strong relationships.

In an intimate relationship, it’s the “real me” the partner want to get to know. “These are my thought, these are my feelings, I am not hiding myself from you”.

In any relationship, especially a sexual one, honesty is very powerful and scary.

TRUST — “I trust you” is one of the greatest things two people can say to each other. They can count on each other, and the other person will “be there” for them. It doesn’t come easy and for some needs to be earned over time and in a number of experiences.

There is nothing worse than a broken promise to take away trust. Once broken people have trouble “believing again”. Example— People who have been “burned” in other relationships.

In a sexually active relationship, trust is also the barometer by which we measure the level of confidence we have in the relationship. Do we know the other person? Who are they? Can we count on their promises? Do they have another relationship going? Do they have STI’s? Are they sincere about their feelings for me?

COMMUNICATION— Here is how we show our honesty, respect and trust. You must have a willingness to listen—a commitment to listen. In a struggling relationship you might hear “I just don’t feel my partner is listening to me. I just don’t feel understood”.

Communicate your own thoughts, wishes, requests and needs. Don’t leave clues —your mind can not be read and you will be disappointed when a person can’t figure out the clue.

In sexual relationships communication cannot be compromised. Talk about the level of sexual activity you are considering before you take action. Discuss the issues before you make a decision. The elements of honesty, trust and respect make the relationship an intimate one regardless of sex.
DO YOU FEAR THE ONE YOU LOVE?
CHECK ANY OF THE FOLLOWING STATEMENTS IF THEY CORRESPOND TO YOUR RELATIONSHIP

*You may be in an ABUSIVE RELATIONSHIP* if you.....

- Are frightened of your partner’s anger/temper
- Yield to your partner’s demands because you are afraid of your partner’s anger or moods
- Apologize to people for your partner's behavior when you have been abused
- Make decisions about going places or seeing friends according to how your partner will react
- Feel threatened by your partner's jealousy or anger
- Have been hit, kicked, strangled, shoved, had things thrown at you, had your hair pulled, have been forced to have sex
- Have been put down, called names, or told it’s your fault
- Stop seeing friends or family members because of your partner’s anger and controlling behavior
- Feel you should help your partner overcome his/her problems with violence
- Abuse drugs or alcohol to escape the pain and reality of your relationship
RESOURCES ON AND OFF CAMPUS

If you would like a presentation on Healthy Relationships please call:
The Victim Advocate—209 403-0205.

To find a CONFIDENTIAL RESOURCE for help or assistance:

Counseling Services—209 946-2315 x 2
Victim Advocate — 209 403-0250
Women’s Center of San Joaquin — 209-465-4878

The Department of Public Safety is available to assist you as well—209 946-2537

DON’T FORGET TO TELL YOUR FRIENDS, PROFESSORS AND ANY ONE ELSE
HAPPY VALENTINE’S DAY!!! AN ACT OF KINDNESS GOES A LONG WAY.....