What Does a Healthy Relationship Look Like?

Healthy relationships are based on respect, sharing and trust. Both partners are equal. Power and control in the relationship are shared.

Some of the signs of a healthy relationship are:

**Respect** - listening to each other without judging and valuing each other’s opinions. Respect also means trying to understand your partner’s feelings.

**Trust and support** - supporting each other’s goals and respecting each other's feelings, opinions, friends, activities and interests.

**Honesty** - talking openly and honestly, admitting mistakes or being wrong, acknowledging past use of violence, and accepting responsibility for one’s self.

**Shared responsibility** - making family/relationship decisions together and agreeing on a work load that is fair to both partners.

**Financial partnership** - making decisions about money together and making sure both partners benefit from those decisions.

**Fairness and Compromise** - being willing to compromise, accepting change, and finding solutions that work for both partners.

**Non-threatening behavior** - talking and acting in a way that makes both partners feel safe.

Adapted from Iowa Coalition Against Violence Website

**CATRINA’S CORNER**

This month we focus on relationships. How do we know what they are and how do we get out of unhealthy ones? Relationships are difficult and so we are very fortunate to be having Sarah from Community Mental Health come to our support group meeting in October to discuss this issue. Please join us for this very special get together. Give me a call to RSVP so we know how many to plan for. I look forward to seeing many of your smiling faces.
I Think My Relationship is Unhealthy...What Do I Do Now?

Getting Ready to End My Relationship

1. Focus on what was not good about the relationship. Make a list of what was unhealthy in the relationship. If you begin to miss your relationship, read your list.

2. In spite of what your partner may say, you’re not responsible for everything that went wrong. If you have trouble understanding your problems from those of your partner, talk to someone who can help you sort this out.

3. Join a support group. You’ll discover that others have had experiences similar to yours.

4. Get a sponsor who can talk you through the rough times. A sponsor can provide support when you need it most.

5. Focus on other healthy friendships and relationships. Participate in activities where you can meet new people and make new friendships.

6. Do things you enjoy and have fun.

7. You can not just be friends after ending a romantic relationship. Continuing to engage in casual sex doesn’t work either. It’s too confusing and gives mixed messages about what you really want.

8. If the relationship is physically abusive, you may need a safety plan. Contact a counselor or your local domestic violence center for advice.

How To End The Relationship

1. Tell your partner that you’re uncomfortable with the relationship and want to end it. State the reasons why you believe the relationship isn’t working. You may want to write this out on paper and practice with a friend. If you are unable to talk with your partner, write a letter explaining and mail it. If it’s not physically safe to end the relationship, call your local crisis hotline, domestic violence shelter, or your therapist for advice.

2. Don’t continue the relationship if you know it is unhealthy and there’s little hope for change. Realize that your partner may make promises that things will be different.

3. Don’t smile, touch or stand close while telling your partner that you want the relationship to end.

4. Make yourself less available. Use an answering machine to screen calls and don’t answer the door if he or she comes over. Don’t return your partner’s calls. If you’re harassed at work, make it clear that you don’t want to be contacted and end the conversation. If your ex-partner tries to threaten or intimidate you, call your local domestic violence center for protection and advice.

Adapted from Joy Carroll Ed.D. Psychologist-HSP PathLight Center www.pathlightcenter.org

Support Group

October 14, 2013 - Healthy Relationships featuring Sarah from CMH

November 11, 2013 - Signs and Symptoms of Depression featuring Sarah from CMH

December 9, 2013 - Labs, What Do Those Results Mean?

Support Group meets 1:30-2:30pm. Call Catrina at 989-539-6731 ext. 8221

Websites

www.thebody.com
www.cmdhd.org
www.aidswalkmichigan.org/centralmichigan

Questions? Comments? Concerns?

Contact:

Catrina Weber, Case Manager

Phone: 989-539-6731, Ext. 8221