

Healthy relationships

In a healthy relationship power is shared equally between both parties, neither partner has to be in control of the other. Trust and love is built by equality between the couple.

Both parties feel comfortable, safe and are treated with respect; there is never abuse or violence in the relationship.



Non violence

Negotiation and fairness

- Seeking mutually satisfying resolutions to conflict
- Accepting change
- Being willing to compromise.

Non-threatening behaviour

Talking and acting so that she feels safe and comfortable expressing herself and doing things.

Respect

- Listening to her non judgementally
- Being emotionally affirming and understanding
- Valuing opinions.

Economic partnership

- Making money decisions together
- Making sure both partners benefit from financial arrangements.

Equality

Shared responsibility

- Mutually agreeing on a fair distribution of work
- Making family decisions together.

Trust and support

- Supporting her goals in life
- Respecting her right to her own feelings, friends, activities and opinions.

Responsible parenting

- Sharing parental responsibilities
- Being a positive non-violent role model for the children.

Honesty and accountability

- Accepting responsibility for self
- Acknowledging past use of violence
- Admitting being wrong
- Communicating openly and truthfully.

Non violence