

API/DVRP's Build Your Own

HEALTHY RELATIONSHIP SUNDAE

Check all ingredients that apply to your relationship(s):

	<div><input type="checkbox"/></div> <div>You are able to communicate and respect each other's opinions/ideas/feelings.</div>	<div><input type="checkbox"/></div> <div><input type="checkbox"/></div> <div>You value each other as you are. You don't pressure or manipulate each other to change.</div>	
	<div><input type="checkbox"/></div> <div>You respect each other's boundaries: phone privacy, sexual comfort levels, alone time...</div>	<div><input type="checkbox"/></div> <div>There's equality in the way you care for each other (financially, active listening...)</div>	
	<div><input type="checkbox"/></div> <div>You have other important friendships and communities outside of each other.</div>	<div><input type="checkbox"/></div> <div>There is room for individuality and growth.</div>	
	<div><input type="checkbox"/></div> <div>You trust each other. You do not need to constantly prove your relationship.</div>	<div><input type="checkbox"/></div> <div>Your value and security is not tied to them "needing" you and vise versa.</div>	
	<div><input type="checkbox"/></div> <div>You feel safe to communicate how you want to be supported and cared for.</div>	<div><input type="checkbox"/></div> <div>You can share a range of emotions with each other; joys/accomplishments and pains/concerns.</div>	
	<div><input type="checkbox"/></div> <div>You are able to say "no" to each other.</div>	<div><input type="checkbox"/></div> <div>You are able to ask not assume each other's needs.</div>	
	<div><input type="checkbox"/></div> <div>When arguments arise you focus on solutions/understanding, not on being "right".</div>	<div><input type="checkbox"/></div> <div>Apologies have follow through and are not just empty words</div>	

A healthy relationship is one where every part of the sundae works together. If one part is off, suddenly things aren't so sweet.



WHAT IF MY SUNDAE WASN'T SO SWEET?

If you feel like your relationship shows signs of unhealthy behavior, you deserve better. Unhealthy patterns can lead to an abusive imbalance of power and control.

UNHEALTHY

Is not well liked by your friends and family

When disagreements/problems arise, you fight or don't discuss them at all.

There is little trust; you struggle believing each other.

Boundaries are ignored or blurry.

Mood swings that shift from anger one moment to sweet and apologetic the next.

Blames you for something that is not your fault. Doesn't accept responsibility for their actions.

Unequal financial control. Assumed one person is in charge of all finances.

Relationship is one-sided, you give and they take (or vice versa).

ABUSIVE

Controls who you are "allowed" to spend time with and what you are "allowed" to do.

Communication is hurtful, demeaning, insulting, or threatening. Humiliates you in front of others.

Breaks your privacy; goes through your phone. Accuses you of cheating/flirting when it's not true.

Manipulates or forces you into physical/sexual activity you are not comfortable with. "If you really loved me you would..."

Threatens to hurt themselves because of you. Physically hurts you in any way. Destroys or breaks things to intimidate you.

Makes you question your sanity (gaslights). Shows indifference or ridicules you when you're hurt or expressing vulnerability.

Controls your access to finances or sabotages your access to work/school life.

Extremely possessive and dependent upon you.



You deserve relationships that inspire creativity, healing, joy, and growth.
We believe and support you.

Call API/DVRP for resources & support : 202-833-2233 or visit www.DVRP.org