## API/DVRP's Build Your Own HEALTHY RELATIONSHIP SUNDAE

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



You are able to communicate and respect each other's opinions/ideas/feelings.



You value each other as you are. You don't pressure or manipulate each other to change.





You respect each other's boundaries: phone privacy, sexual comfort levels, alone time...



There's equality in the way you care for each other (financially, active listening...)





You have other important friendships and communities outside of each other.



There is room for individuality and growth.





You trust each other. You do not need to constantly prove your relationship.



Your value and security is not tied to them "needing" you and vise versa.





You feel safe to communicate how you want to be supported and cared for.



You can share a range of emotions with each other; joys/accomplishments and pains/concerns.





You are able to say "no" to each other.



You are able to ask not assume each other's needs.





When arguments arise you focus on solutions/understanding, not on being "right".



Apologies have follow through and are not just empty words



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.

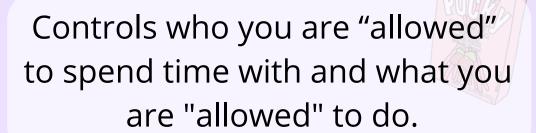
Mood swings that shift from anger one moment to sweet and apologetic the next.

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 vise versa).

## ABUSIVE



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 vulnerabilty.

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.