

# Do you know that “Your Relationships Affect Your Mental and Physical health?”

Find out if your relationships are Healthy? **Unhealthy?** or **Abusive?**

Aspect	Healthy	Unhealthy	Abusive
<b>Communication</b>	You talk openly about problems and listen to one another and respect each other's opinions.	When problems arise, you fight or you don't discuss them at all.	Communicate in a way that is <i>hurtful, threatening, insulting or demeaning</i> .
<b>Respect</b>	You value each other as you are.	Disrespectful - One or more partners is not considerate of the other(s).	<i>Mistreats the other. One partner does not respect the other's feelings, thoughts, decisions, opinions or physical safety.</i>
<b>Trust</b>	You believe what your partner has to say. You do not feel the need to “prove” each other's trustworthiness.	Not trusting. One partner doesn't believe what the other says, or feels entitled to invade their privacy.	<i>Accuses</i> the other of cheating or having an affair when it's not true. The accuser may <i>hurt</i> the other in a physical or verbal way.
<b>Honesty</b>	You are honest with each other, but can still keep some things private.	Dishonest - One or more partners tells lies.	<i>Denies that the abusive actions are abuse</i> , blames the other for the harm they themselves are doing, <i>gives excuses for/minimizes abusive actions</i> .
<b>Equality</b>	You make decisions together and hold each other to the same standard.	Trying to take control. One partner feels their desires and choices are more important.	<i>Controls</i> the other. There is no equality in the relationship. One partner makes all decisions for the couple without the other's input.
<b>Enjoying personal time</b>	You enjoy spending time apart, alone or with others. You respect each other's need for time apart.	Spending time only with your partner, partner's community is the only one you socialize.	<i>Controls</i> where the other one goes and who they talk to. May <i>isolate</i> the partner from family and friends.
<b>Making mutual sexual choices</b>	You talk openly about sexual and reproductive choices. Partners willingly consent to sexual activity and safely discuss what one is comfortable with and not.	Pressured by the other into sexual activity, uses guilt on the other to have sex or do anything sexual.	<i>Forces</i> sexual activity or pregnancy or do anything they don't want to do sexually. Where pregnancy is a possibility, partner may <i>force the other to become pregnant</i> .
<b>Economic/ financial partnership</b>	You and your partner have equal say with regard to finances. Both have access to the resources they need.	Finances are not discussed, and/or it is assumed only one partner is in charge of finances.	One partner <i>controls the money</i> . Open dialogue about finances is not allowed. May <i>prevent a partner from earning or not allow access to own income</i> .
<b>Supportive parenting</b>	Parent in a way they both feel comfortable with, communicate with each other about children(s)' needs as well as their own needs.		Engages in <i>manipulative parenting</i> . One partner <i>uses the child(ren)</i> to gain power and control over the other, including <i>telling the child(ren) lies or negative things about the other partner</i> .

Adapted from source: <https://www.thehotline.org/healthy-relationships/relationship-spectrum/>

## Useful Information

- \* 1 in 4 women and 1 in 7 men are physically hurt by an intimate partner in the USA. This is true across cultures, education and income levels.
- \* The experts emphasize that abusers don't change. They keep you confused by being abusive and caring in cycles and being wonderful in public.
- \* Children who witness domestic abuse are impacted emotionally and physically: [See this online booklet of 49 pages with drawings by the scared/sad children.](https://docplayer.net/19735224-Domestic-violence-and-its-impact-on-children.html) <https://docplayer.net/19735224-Domestic-violence-and-its-impact-on-children.html>. About 30 percent of abused and neglected children will later abuse their own children, continuing the cycle of violence.
- \* Only specialized agencies can offer effective counseling, guidance, and support at every stage. If you are not sure you are being abused, or aware of it and need help, free and confidential 24/7 expert local help is available. Affected person/ any concerned person can call the following Domestic Violence Hotlines for ongoing guidance and support. Sooner one gets help the better, to recover one's own rightful life and prevent mental/ physical problems for the children.
  - \* Equinox (Albany County) 518-432-7865
  - \* Unity House (Rensselaer County) 518-272-2370
  - \* Wellspring (Saratoga County) 518-584-8188
  - \* New York State Office for the Prevention of Domestic Violence 1-800-942-6906
- \* An excellent textbook on abusers is “Why does he do that? Inside the minds of angry and controlling men” by Lundy Bancroft, Free online PDF version is available at: <https://www.docdroid.net/py03/why-does-he-do-that.pdf>