

Recipe



FOR A HEALTHY RELATIONSHIP

Answer these questions to figure out the recipe to your own healthy relationship!

What does a healthy relationship look like to me?

What values do I want represented in my relationship?

What are my wants, needs, and desires in a relationship?

What are my boundaries and limits in a relationship?

Ingredients

The good stuff that should be in every healthy relationship. How many cups would you use for your recipe?

Boundaries _____ cups

Know what's okay and not okay for you and your partner(s).

Communication _____ cups

Talk to your partner(s)! Make it constant, open, and ongoing.

Compassion _____ cups

Show that you care with your words and your actions.

Consent _____ cups

Wait for an enthusiastic yes before and while being intimate with your partner(s).

Collaboration _____ cups

Teamwork makes the dream work. Make joint decisions when a situation affects everyone.

Equality _____ cups

Balance is key. Everyone should have equal power and position in the relationship.

Honesty _____ cups

Honesty is the best policy. Share your feelings and what's on your mind.

Independence _____ cups

Everyone should feel free to be individuals and have separate hobbies, friends, and lives.

Integrity _____ cups

Hold yourself and your partner(s) accountable inside and outside of the relationship.

Respect _____ cups

Treat your partner(s) the way they want to be treated.

Responsibility _____ cups

Split chores and tasks, and deal with problems together.

Trust _____ cups

Be someone that your partner(s) can believe in and depend on.

Safety _____ cups

Have concern for your partner(s)' well-being, and don't put them in harm's way.

Reminder: This is a fun activity to figure out which values are priorities for you, not a literal measurement tool. All are equally necessary for any healthy relationship!

Rotten Ingredients

Sometimes relationships don't turn out the way they should. Here are some red flags to look out for.

If your partner(s)...

- Continuously texts, calls, and checks to see where you are or what you're doing
- Gets extremely possessive and jealous
- Constantly accuses you of flirting or cheating
- Controls how you look, what you wear, who you see, and what you do
- Makes you ask them for permission before you can go out
- Controls how all money is spent within the relationship
- Blames you for everything that goes wrong in the relationship and in their life
- Tries to keep you from talking and seeing friends and family
- Uses your identity to manipulate or threaten you; e.g. outs you, reveals your documentation status, or hides medication from you
- Puts you down, calls you names, and criticizes you
- Has big mood swings where they're angry one minute and then sweet the next
- Makes you feel insecure, nervous, anxious, or fearful
- Makes you feel like you're worthless, invaluable, or that nobody else would want or love you
- Threatens to destroy your possessions like your phone, your car, or your home
- Threatens to hurt you, your pets, your friends, or your family
- Threatens to hurt themselves because of you or what you did
- Yells, screams, humiliates, or berates you in private or in public
- Shows no regard for your opinions, feelings, or safety
- Puts their hands on you in any violent, hurtful, or intimidating way
- Pressures or forces you to have sex or do more than what you want to do

...then you may be in an unhealthy and/or abusive relationship.

If this is happening to you, know that it isn't your fault and that you deserve a loving, healthy relationship with a caring, respectful partner. These 24/7 resources can help:

NATIONAL DOMESTIC VIOLENCE HOTLINE

1-800-799-7233

1-800-787-3224 (TTY for Deaf/hard of hearing)

HUMBOLDT DOMESTIC VIOLENCE SERVICES

707-443-6042

LOVE IS RESPECT

1-866-331-9474

Text loveis to 22522

CAMPUS ADVOCATE TEAM

(707-445-2881 (24/7 hotline)

What are my expectations for my partner(s) in a relationship?

What expectations will I hold myself to in a relationship?

How will I maintain a healthy relationship?

How will I know if I'm in a healthy relationship?

Every relationship is different! Some couples are "partners in crime" or best friends. Some couples use sarcasm while others use pet names. Some couples spend a lot of time together while others like their space. Variety is great! Just make sure you and your partner(s) work on the recipe together.

LOVE KNOWS BOUNDARIES

