



What Kind of Relationship Is It?

Healthy	Unhealthy	Abusive
Based on equal responsibility, power and commitment	Both feel unheard and poorly treated	A <i>systematic pattern</i> of power and control for the sole purpose of manipulating a partner in an intimate relationship
Problems solved through fair negotiation	Inability to solve problems	Use of threats and coercion to solve problems
Economic partnership	Mutual disagreements over finances	One person controls economic decisions and resources
Shared and responsible parenting	Difficulty with parenting roles and responsibilities	One person uses children as a weapon/pawn
Honest and accountable behavior	Secrets and lies about behavior	Abuser takes no responsibility for own behavior; blames partner
Trust and support of one another	Lack of trust	Distortion of truth
Open, honest and non-threatening interpersonal interaction and communication	Frustrating, incomplete and inconsistent communication or avoidance	Intimidating partner, destructive interactions; communication is unsafe
Mutual respect and acceptance for each other	Blames self and partner for problems	Uses criticism and humiliation to reinforce partner's shame and guilt
Shared responsibility	Imbalance of responsibilities	One partner has all the responsibility, but no authority; skewed gender roles
Similar beliefs and values	Different or conflicting values and beliefs	Disrespect and denigration of one partner's values and beliefs
Understanding and supportive of partner	Indifferent to partner's feelings	Withholding approval or affection
Conflict leads to mutually acceptable resolution	Conflict is unresolved and continuous bickering	Conflict resolved by one partner dictating the solution in a demeaning way
Supportive of relationships with family, friends and community	Ambivalent, reluctance to be involved	Isolates partner from friends, families and community