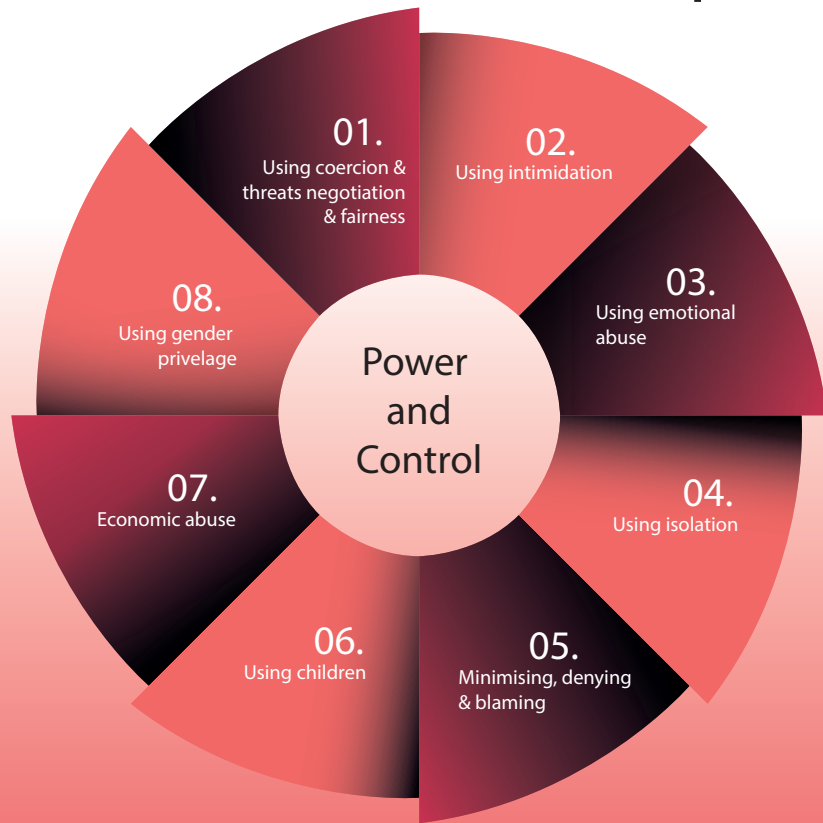


Abusive relationships



01 - Using coercion & threats, negotiation & fairness
Making and/or carrying threats to do something to hurt partner. Threatening to leave, to commit suicide, to report them to social care. Making them drop charges or do illegal things.

02 - Using intimidation
Making the partner afraid by using looks, actions or gestures. Smashing things, destroying property, abusing pets and displaying weapons.

03 - Using emotional abuse
Putting the partner down, make them feel bad about themselves, calling them names, making them think they are crazy, playing mind games, humiliating them and making them feel guilty.

04 - Using isolation
Controlling what they do, who they talk to, what they read, where they go, limiting outside involvement, using jealousy to justify actions.

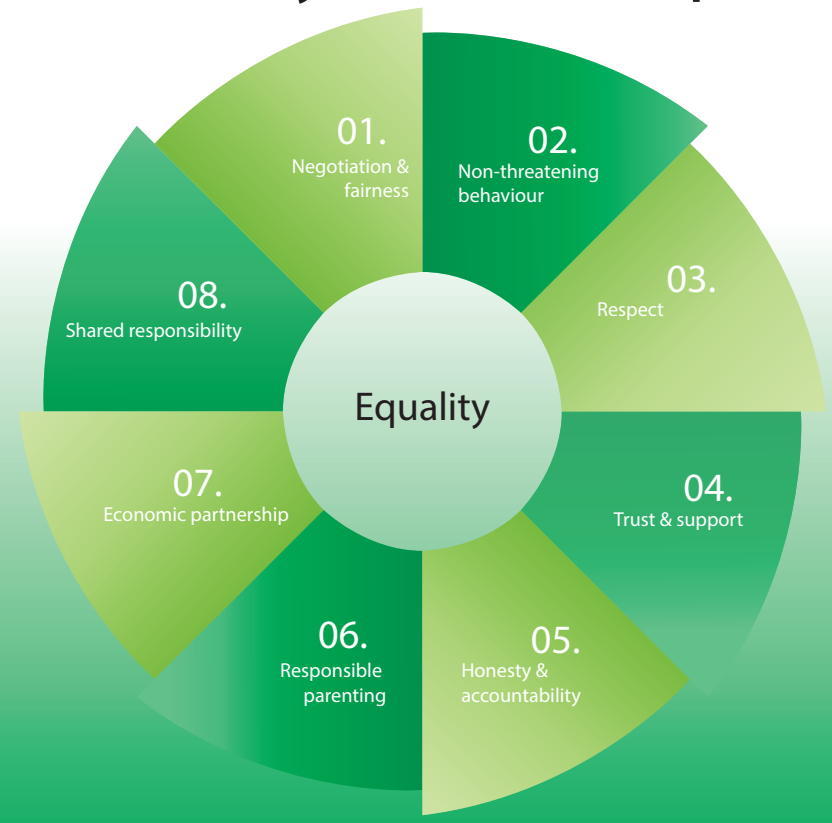
05 - Minimising, denying & blaming
Making light of the abuse and taking their concerns about it seriously, saying the abuse didn't happen, shifting responsibility for abusive behaviour and saying the partner caused it.

06 - Using children
Making them feel guilty about the children, using the children to relay messages, using contact to harass them, threatening to take the children away.

07 - Economic abuse
Preventing them from getting or keeping a job, making them ask for money, giving them an allowance, taking their money away, not letting them know about or have access to family income.

08 - Using gender privilege
Treating the partner like a servant, making all the decisions, acting like the 'King/ Queen of the castle' being the one to define gender roles.

Healthy relationships



01 - Negotiation & fairness
Seeking mutually satisfying, resolution to conflict, accepting change, being willing to compromise

02 - Non - threatening behaviour
Talking & acting so the partner feels safe and comfortable expressing their feelings and doing things.

03 - Respect
Listening to the partner non - judgementally, being emotionally affirming and understanding, valuing opinions

04 - Trust & support
Supporting the partners goals in life, respecting the other's right to their own feelings, friends, activities and opinions,

05 - Honesty & accountability
Accepting responsibility for self, acknowledging past use of violence, admitting being wrong, communicating openly and truthfully.

06 - Responsible parenting
Sharing parental responsibilities, being a positive non-violent role model for the children.

07 - Economic partnership
Making money based decisions together, making sure both partner benefit from financial arrangements.

08 - Shared responsibility
Mutually agreeing on a fair distribution of work, making family decisions together.