

# THE RELATIONSHIP SPECTRUM

Take a look at the behaviors on the Relationship Spectrum below. Where does your relationship fall?

## Healthy

**A healthy relationship means that both you and your partner(s) demonstrate:**

**Respect** - Treating one another as an equal and whole human being. Valuing each other's thoughts, feelings and opinions.

**Communication** - Talks openly about problems and listens in a non-judgmental way. Affirms and understands each other's thoughts, feelings and opinions.

**Trust and Support** - Believing what one another says. Supporting each other's choice of friends, activities, goals and opinions.

**Honesty and Accountability** - Communicates openly, truthfully and respectfully. Acknowledges and accepts responsibility for one's own actions and words.

**Equality and Fairness** - Making decisions together and mutually agreeing on conflict resolutions where each other's needs are equally met.

**Enjoying Personal Time** - Enjoys spending time with one another while respecting each other's space and privacy when needed.

**Making Mutual Sexual Choices** - Talks openly about consent to one's sexual activities, choices, boundaries and birth control methods.

**Cultural and Spiritual Respect** - Recognize and honor one another's cultural traditions and tribal beliefs.

## Unhealthy

**You may be in an unhealthy relationship if one or more partners engages in:**

**Disrespect** - One partner (or both partners) does not always consider the other in the relationship.

**Poor Communication** - Unwilling to talk openly about relationship issues without a fight or not talking about problems at all. Not listening to, affirming or understanding one another's thoughts, feelings or opinions.

**Lack of Trust and Support** - Not believing one's feelings or opinions. Not supportive of one's choice of friends, activities or goals.

**Dishonesty and Lack of Accountability** - One partner (or both partners) is not truthful. Unwilling to acknowledge or accept responsibility for one's own actions and words.

**Takes Control or Unequal Resolutions** - Not making decisions together. One partner thinks their desires are more important.

**Feeling Crowded or Not Spending Time With Others** - Only spends time with their partner or limits partner from seeing others.

**Pressured Into Sexual Activity** - One partner tries to convince the other that they should have sex.

**Cultural Disrespect** - Uses racial slurs or stereotypes toward their partner's culture, traditions or beliefs.

**Spiritual Disrespect** - Uses stereotypes, or is judgmental, misrepresents, or belittles one's spiritual beliefs or practices.

## Abusive

**Abuse is present in the relationship if one partner:**

**Mistreats The Other** - One partner (or both partners) does not respect the feelings or physical safety of the other.

**Communicates In A Way That Is Meant To Be Hurtful** - Criticizes, belittles or humiliates their partner.

**No Trust or Support** - Accuse one another of flirting or cheating when it's not true. Refusing to give support in a physical or verbal way to hurt the other person as a result.

**Gaslighting and No Accountability** - Denies or blames the other for any abusive actions or uses manipulation to avoid accountability.

**Controls The Other** - No equality in the relationship. One partner makes all the decisions in the relationship and has all of the power.

**Isolates the Other Partner** - One partner controls where the other can go, see or who they talk to.

**Sexual Assault** - One partner forces sexual activity on the other without their consent.

**Pattern of Disrespect Toward One's Culture** - Intentionally falsify, misrepresent or use racial slurs or stereotypes toward their partner's cultural traditions or beliefs.

**Restricts One From Honoring Their Spiritual Beliefs and Practices** - Uses intimidation or punishment toward their partner to keep them from participating in spiritual beliefs or practices.



Adapted from National Indigenous Women's Resource Center's "Natural Life-Supporting Power" and National Domestic Violence Hotline's "Relationship Spectrum." April 2018.