

BEFORE

I GET INTO A NEW RELATIONSHIP

Learn more about
creating healthy
relationships:

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I CAN ASK MYSELF:

- How do I feel when someone respects me?
- What are the things that make me special? Do they respect those things?
- Can we support each other's choices even when we disagree with them?
- Do they listen to my ideas and compromise sometimes?
- How can we handle disagreements in our relationship without being disrespectful?
- Can I communicate my feelings openly to this person without feeling judged or looked down on?
- Do I want someone who shares my interests? How much do we need to have in common?
- Do I want someone who shares their thoughts and feelings freely?
- How important is it that this person is well liked by my friends and family?
- Are they proud of my accomplishments and successes?
- Do they respect my boundaries? Can I talk about my boundaries with them?
- Do I want to be in touch with this person all the time or can we go a day or two without talking?
- Are they caring and honest?
- How do I define a healthy relationship?

WHILE

I AM IN MY RELATIONSHIP

I CAN ASK MYSELF:

- Are they supportive of things that I do?
- Do they encourage me to try new things?
- Do they listen when I have something on my mind?
- Do they support me having outside interests?
- Do they say I'm too involved in different activities?
- Do they get jealous or possessive?
- Do they try to control what I do and who I see?
- Do they call me names or criticize me?
- Do they make me feel like I can't do anything right?
- Do they tell me no one else would want me?
- Have they threatened to hurt me?
- Have they threatened to hurt themselves because of me?
- Do they break things or throw things to make me feel afraid?
- Have they ever physically hurt me?
- Have they ever yelled or humiliated me in front of other people?
- Do they pressure or force me into sexual activity?
- Do I feel unsafe or scared when I am with my partner?



Developed by REACH
Beyond Domestic Violence