



Healthy Relationships Affirmation Deck

Created by Recognize Violence, Change Culture (RVCC) and CHECK IT HSU

Balance

I give my body and mind what I need to feel 100%. I find balance in my life, prioritizing what fuels and grounds me as I navigate my multiple responsibilities.

I prioritize self-care in my relationship(s). I support and encourage my partner(s) to engage in self-care.

Compassion

I deserve loving and compassionate relationships with myself and with the world. I demonstrate compassion in my relationships with others through my words and actions.

Support

I deserve to feel supported in my relationships. My partner(s) and I believe in ourselves and one another. We encourage each other to grow. We support one another's goals, passions, and dreams.



Honesty

I speak my truth.
I am honest with myself.
I am honest in my relationships about my needs, feelings, boundaries and intentions, even when it's challenging.



Individuality

I am allowed to be my own person within a relationship and still maintain my identity outside my relationships. My partner(s) and I respect each other's unique and different interests and create space for us to spend time with others (family, friends, loved ones).



Fairness

I am fair in my relationship(s). My partner(s) and I deserve to make decisions as a team and for our individual voices to be heard. Our relationship will be balanced.

"Love in such a way that the person you love feels free."
- Thich Nhat Hanh



Consent

I embody consent within my relationships and check in regularly. I set, listen to and respect my own and other people's boundaries. I know I can make a difference and create a more consent-centered culture, starting with myself and my relationships.



Communication

I actively listen and engage in compassionate and supportive communication with my partner(s).

When issues arise, we remain respectful and take the time to resolve our conflicts instead of ignoring or dismissing them.



Boundaries

Setting and expressing my boundaries is important in creating healthy relationships and is essential to my wellbeing. I express my boundaries clearly and ask about and listen to my partner(s) boundaries.



Mutual Respect

Respect is the heart of love.

I am respectful in my relationships. My partner(s) and I share a mutual admiration for one another.



Affection

I am worthy of time, love, care, and affection.

"When we can see ourselves as we truly are and accept ourselves, we build the necessary foundation for self-love... whether we learn how to love ourselves and others will depend on the presence of a loving environment. Self-love cannot flourish in isolation."

-bell hooks



Vulnerability

I allow myself to be vulnerable. There's so much strength in letting someone see me in all my complex layers. Vulnerability attracts a deep connection with people which will make my relationships stronger.



Trust

I value and demonstrate trust in my relationships. I trust myself and my partner(s).



Warmth

Just like the sun, I spread warmth and inspire life and the people around me just by being me.



Love

I deserve love. I demonstrate love through my actions.

"Love does not look like a person. Love is our actions. love is giving all we can even if it's just the bigger slice of cake. Love is understanding we have the power to hurt one another but we are going to do everything in our power to make sure we don't. Love is figuring out all the kind sweetness we deserve and when someone shows up saying they will provide as you do but their actions seem to break you rather than build you love is knowing whom to choose."

- Rupi Kaur

The header for 'Thoughtfulness' features a dark brown brushstroke background. To the left is a light purple circle, and to the right is a yellow circle. A green leafy branch is positioned above the text.

Thoughtfulness

I am thoughtful in my relationships. I reflect on everyday things I can do to show my love and appreciation for others. Small acts of kindness make the world of difference.

The header for 'Connection' features a dark grey brushstroke background. To the left is a white flower icon, and to the right are white wavy lines.

Connection

I feel a sense of connection in my relationships.

"Connection is the energy that exists between people when they feel seen, heard, and valued; when they can give and receive without judgment; and when they derive sustenance and strength from the relationship." - Brené Brown

The header for 'Perspective' features a dark brown brushstroke background. To the left is a blue leafy branch, and to the right is a pink leafy branch.

Perspective

I acknowledge my partner(s) feelings and thoughts when we have different perspectives on the same situation. I seek to understand their perspective and not invalidate their feelings.

The header for 'Safety' features a light grey brushstroke background. To the left are pink dots, and to the right are green and yellow flowers.

Safety

I deserve to feel safe in my relationships. No one deserves to ever experience emotional, physical, and/or sexual abuse. If I ever experience harm I know it's not my fault and that I deserve support and resources.

National Dating Abuse Helpline: 1-866-331-9474
Domestic Violence Online Hotline: www.thehotline.org
Love is Respect Text Hotline: Text loveis to 22522