

Recipe

For healthy relationships

What does a healthy relationship look like to me?

What makes me feel most loved? How do I like to be shown love?

(if you are familiar with love languages, share your love language)

What qualities are important to me in a partner?

What are my needs and boundaries in relationships?

Ingredients

The good stuff that should be in every relationship—how many cups would you use for your recipe?

Boundaries _____ cups

Share, learn about and respect each other's boundaries and needs within the relationship.

Communication _____ cups

Learn about each other's communication styles. Openly communicate and listen. Have ongoing relationship check-ins.

Compassion _____ cups

Show that you care through your words and your actions.

Consent _____ cups

Discuss your wants, desires, and boundaries. Share what you're into and what you're not into. Continuously check in and ensure there is a genuine desire in all sexual interactions.

Collaboration _____ cups

Teamwork makes the dream work. Make joint decisions when a situation affects everyone.

Equality _____ cups

Balance each other's needs, share power, root for each other's dreams, and create space for everyone's individual voices.

Independence _____ cups

Support each other's individual interests and relationships outside the partnership.

Accountability _____ cups

Take responsibility for how your actions impact one another.

Respect _____ cups

Value and care about each other's thoughts, feelings, and identities.

Honesty & Trust _____ cups

Be someone your partner(s) can believe in and trust. Be honest about your actions, feelings, and intentions.

Joy _____ cups

Soak in laughter, and enjoy all the moments together that make life better.

Safety _____ cups

Have concern for your partner(s)' well-being, and don't put them in harm's way.

Reminder: This is a fun activity to figure out which values are priorities for you, not a literal measurement tool. All are equally necessary for healthy relationships!

Rotten Ingredients

Sometime relationships do not turn out the way they should. Here are some red flags to look out for.

If your partner(s)...

- Continuously texts, calls, and checks to see where you are or what you're doing
- Gets extremely possessive and jealous
- Constantly accuses you of flirting or cheating
- Controls how you look, what you wear, who you see, and what you do
- Makes you ask them for permission before you can go out
- Controls all of the money within the relationship
- Blames you for everything that goes wrong in the relationship and in their life
- Tries to keep you from talking and seeing friends and family
- Uses your identity to manipulate or threaten you; e.g., outs you, reveals your documentation status or hides medication from you
- Puts you down, calls you names, and criticizes you
- Has big mood swings where they're angry one minute and then sweet the next
- Makes you feel insecure, nervous, anxious, or fearful
- Makes you feel like you're worthless, invaluable, or that nobody else would want or love you
- Threatens to destroy your possessions like your phone, your car, or your home
- Threatens to hurt you, your pets, your friends, or your family
- Threatens to hurt themselves because of you or what you did
- Yells, screams, humiliates, or berates you in private or in public
- Shows no regard for your opinions, feelings, or safety
- Puts their hands on you in any violent, hurtful, or intimidating way
- Pressures or forces you to have sex or do more than what you want to do

... then you may be in an unhealthy and/or abusive relationship.

If this is happening to you, know that it isn't your fault and that you deserve a loving, healthy relationship with a caring, respectful partner.

What positive qualities do I have that [will] make me a great partner, and what areas do I need to work on to be a healthier partner?

What expectations do I have of current or future partner(s)?

Whose real or fictional relationship do I most admire and why?

How will I know if I'm in a healthy relationship? What will it feel like?

Every relationship is different. Some couples are "partners in crime" or best friends. Some couples spend a lot of time together while others like their space. Variety is great! Just make sure you and your partner(s) work on the recipe together.

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1-800-799-7233 | Thehotline.org (online chat avail)
1-800-787-3224 (TTY for Deaf/hard of hearing)

LOVE IS RESPECT
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