

- you ____.)
- Saying your partner caused you to behave in a destructive or violent way

Using Economic Abuse

- Preventing your partner from getting or keeping a job
- Making your partner ask for money
- Taking your partner's money
- Not letting your partner know about or have access to joint income

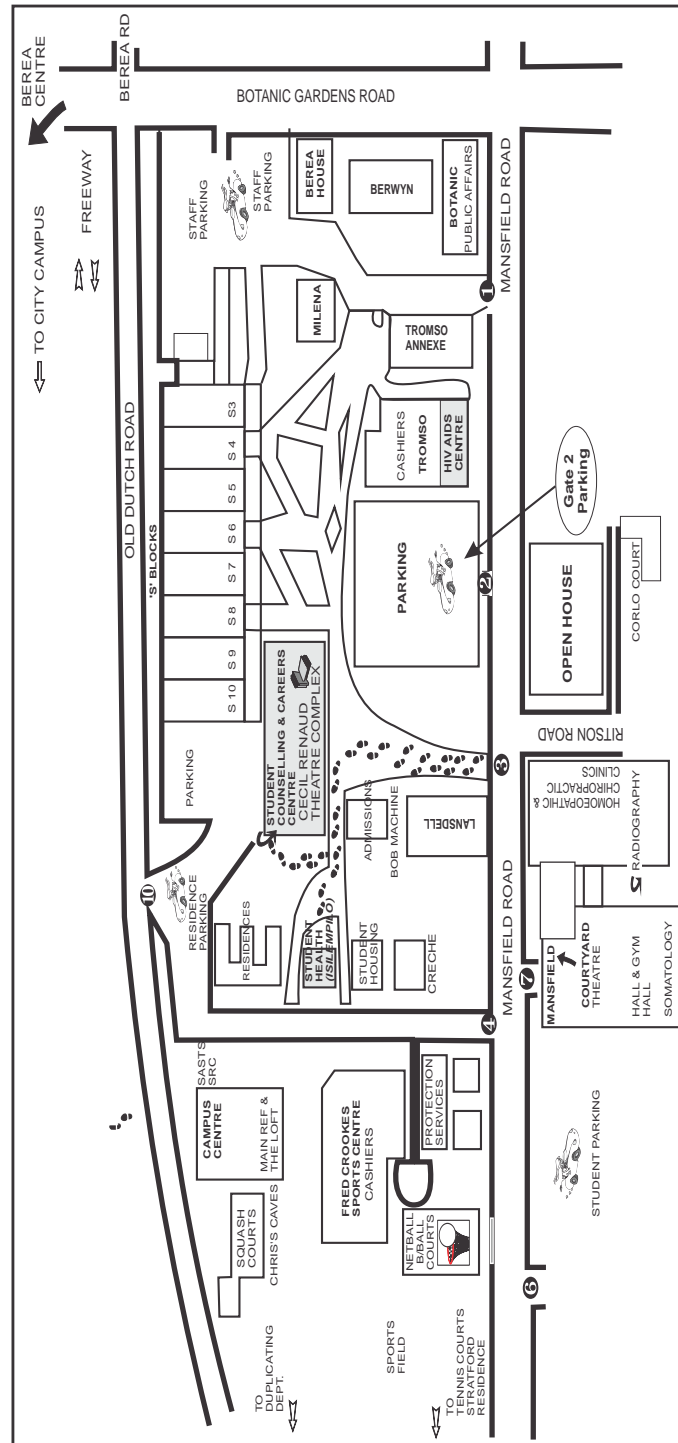
Decide what kind of relationship you would like to be in and try to work towards that. If you identify that you are in an unhealthy relationship or need support for relational issues contact the Department of Student Counselling and Health, Lower Library Complex, Steve Biko Campus, Tel: 2042266.

Contact numbers

SA. Depression and Anxiety 24hour:
Suicide Helpline: 0800567567
or 0800121314
Life Line: 0861322322
Open Door Crisis Line: 0317092679
or 0844092679
Durban Coastal Mental Health: 0312072717
Stop Woman Abuse: 0800150150

This is an initiative of the
Student Counselling and Health Centre
Durban Institute of Technology
Lower Library Complex
Steve Biko Campus
Tel: 031 373 2266

Developed by
Ms T Brink
Psychologist



**STUDENT
COUNSELLING
& HEALTH**

Relationships



Relationships

Relationships are probably one of the most basic and important parts of life. We all want to be loved and accepted. Besides our family relationships, we have a choice in who we want to have and build close relationships with. Relationships can be both rewarding and frustrating, they can help us grow and they can negatively affect us. In relationships, we form emotional attachments to other people and allow them to influence our emotions. Healthy relationships require hard work. It is important to consider what kind of relationship we want in making decisions about relationships.

Healthy Relationships

Healthy relationships share responsibility and decision-making tasks and reflect respect for both people in the relationship.

Safety and security

- Talking and acting so that your partner feels safe and comfortable doing and saying things.

Respect

- Listening to your partner non-judgmentally.
- Being emotionally affirming and understanding.
- Valuing opinions.

Trust and Support

- Supporting your partner's goals in life.
- Respecting your partner's right to his or her own feelings, friends, activities and opinions.

Honesty and Accountability

- Accepting responsibility for yourself.
- Acknowledging past use of violence and / or emotionally abusive behavior, changing the behavior.
- Acknowledging infidelity, changing the behavior.

- Admitting being wrong when it is appropriate.
- Communicating openly and truthfully

Shared Responsibility

- Mutually agreeing on a fair distribution of work.
- Together making decisions that affect you both.

Communication

- Expressing how you feel and encouraging your partner to share how s/he feels
- Listening to each other
- Confronting what makes you angry

Boundaries and individual identity

- Accepting that your partner is a person in his/her own right, independent of your relationship
- Having a good sense of who you are apart from anyone else
- Accepting that you don't need to be in a relationship to be valuable as a person
- Making an effort to set boundaries so that you have time to spend on other important aspects of your life.

Abusive Relationships

Sometimes abusive relationships are easy to identify; other times the abuse may take subtle forms. The examples shown here can help you identify traits of abusive relationships. In general, abusive relationships have a serious power imbalance, with the abuser controlling or attempting to control most aspects of life.

Using Intimidation

- Making your partner afraid by using looks, actions, gestures
- Smashing or destroying things
- Destroying or confiscating your partner's property

- Getting into a fit of rage with your partner
- Displaying weapons or threatening their use
- Making physical threats or using physical force on your partner
- Threatening to kill yourself if your partner breaks up with you

Using Emotional Abuse

- Putting your partner down
- Making your partner feel bad about him/herself
- Calling your partner names
- Playing mind games
- Interrogating your partner
- Harassing or intimidating your partner
- "Checking up on" your partner's activities or whereabouts
- Humiliating your partner, whether through direct attacks or "jokes"
- Making your partner feel guilty
- Embarrassing your partner in public
- Being possessive and manipulative

Using Isolation

- Controlling what your partner does, who s/he sees and talks to, what he or she reads, where he or she goes
- Limiting your partner's involvement with other people
- Demanding your partner remains home when you are not with him/her
- Cutting your partner off from prior friends, activities, and social interaction
- Using jealousy to justify your actions

Minimising, Denying and Blame Shifting

- Making light of the abuse or problems in a relationship and not taking your partner's concerns about them seriously
- Saying the abuse did not happen, or wasn't that bad
- Shifting responsibility for your abusive behavior to your partner. (i.e: I did it because