

# Healthy & Unhealthy Relationships

Everyone deserves to be in a relationship that is 100% non-controlling, safe, and comfortable.

If your partner doesn't make you feel like a better person, it's not love. Let's talk about healthy and unhealthy relationships and what those can look and feel like.

**Content warning:** We'll be talking about abusive relationships, so please be aware of this before moving on to the rest of the sheet.

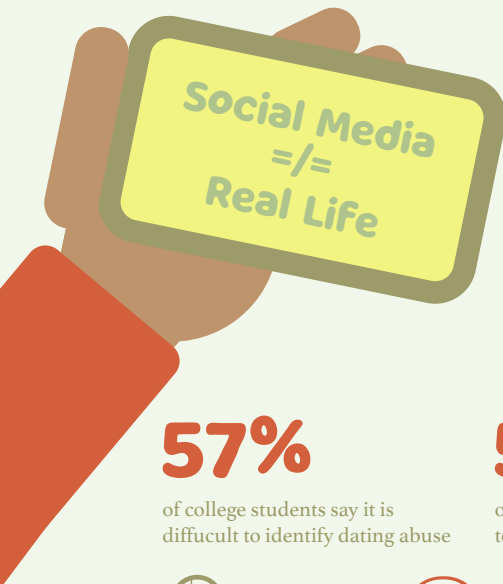
## #RealisticGoals over #RelationshipGoals

Has anyone ever gushed to you about how perfect your relationship seems? About how lucky you are to be with someone? But behind closed doors, your relationship isn't anything like they're describing at all? This is what we call the "perfect relationship" paradox.

You may be more likely to ignore warning signs if everyone around you is saying that your relationship is perfect. It's so important to realize that you and your partner are the only ones who know what your relationship is really like.

**#RelationshipGoals isn't realistic.**

If you hide certain parts of your relationship from your friends and family, that's a red flag. Intentionally leaving out the not-so-great parts is a sign that your relationship might not be doing well or that it might not be healthy. It's okay to talk to others about things that aren't going so well because they are there to help. We promise.



Speaking of #RelationshipGoals, guess what hashtag has over 20 million posts on Instagram?

Social media is another way that we can easily portray our ideal self to the world. Somehow, that pic of you two together in the sunflower field didn't mention the argument and slammed doors when you returned home.

It's so easy to make a relationship look happy in a few pictures with clever captions. One way you can do your part in making sure that your friends in relationships are happy and healthy is to ask them directly if the way their relationship looks on socials is the same as it feels in real life.

**57%**

of college students say it is difficult to identify dating abuse

**58%**

of college students say they don't know what to do to help someone who is a victim of dating abuse



**Be aware of the signs of relationship abuse**



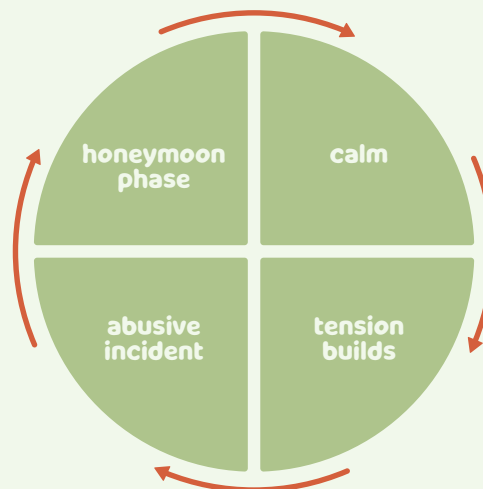
## Cycle of Abuse

When abusive situations happen, sometimes they're followed by happy times in an attempt to minimize the original abusive behavior. This is part of the cycle of abuse that happens in some unhealthy and abusive relationships.

Abuse in relationships can be physical, emotional and verbal, financial, sexual, or digital. Stalking is also considered relationship abuse.

A general rule of thumb to follow is if your gut is telling you something is wrong, your gut is probably right.

Sometimes the most dangerous part about an abusive relationship is leaving- in this case, a safety plan and a support system should be identified. We'll talk about breaking up with an abusive partner in just a bit.



**1 in 4 women and 1 in 7 men**

18 and older have been the victim of severe physical violence by an intimate partner in their lifetime.

**39%**

of LGBTQIA men and **over half** of LGBTQIA women experience abuse from their partners

## Boundaries

In healthy relationships, people feel free and unpressured to be themselves and to set boundaries. You can set boundaries in a variety of areas of your life, depending on what you and your partner feel is most important to your relationship.

Here are some areas you can develop healthy boundaries in:

Staying in touch

Texting, socials, location

Touch/PDA

Appropriate conversations

Discussions on what kind of social presence a couple wants to have

## Breaking a Culture of Violence

Domestic violence is a pattern of behaviors used by one partner to maintain power and control over another partner in an intimate relationship. Healthy relationships are about mutual respect, not power over another.

Disrespectful and degrading comments can perpetuate a culture that tolerates violence and verbal or emotional abuse. Being aware that this surrounds us can help us better recognize when something is and isn't okay.

# Traumatic Bonding Theory

Abusers and victims can feel closer after an abusive incident because they feel they have survived the conflict together. This can be an explanation for those feelings of happiness during the honeymoon phase of the cycle of abuse.

**Remember:** You are not responsible for your partner's problems. You are not responsible for fixing your partner. You are not responsible for your partner's reactions.

Even if you do something like cheat on your partner, you do not deserve to be abused in any way whatsoever. Ever. Period. Even the unhealthiest of behaviors are not deserving of abuse.

Physical violence is likely to occur more than once, so if physical violence is present in your relationship, it is likely that violence will continue in the future.

## 10 green flags in a relationship:

Comfortable Pace	Equality
Trust	Compassion
Honesty	Taking Responsibility
Independence	Loyalty
Respect	Communication

## 10 red flags in a relationship:

Intensity	Belittling
Jealousy	Guilt
Manipulation	Volatility
Isolation	Deflecting Responsibility
Sabotage	Betrayal

## Breaking up is hard to do

Leaving an abusive (or unhealthy) relationship takes an incredible amount of courage and energy to do.

It takes an average of 7 breakups for an abusive relationship to end for good. It's important to find a good support system to go through the breakup process with you and to help you be as safe as possible.

Identifying support systems that you have with friends, family, at the university, and in the community are key to keeping you safe during the breakup. Making a personalized safety plan and involving your support system in that process can be empowering.

Your safety plan may include what to do at home if another incident happens, what you need to do to prepare to leave, what documents you should bring with you (or have copies of at a safe location), and what you can do to stay safe while at work or school.

You don't have to go through the breakup process or create your safety plan alone. At TTU, the Title IX office can work with you to figure out what supportive measures can best support you through this process.

## Seeking Help

If you feel like something is off in your relationship and you'd like to report, go ahead and make one. You don't need to know exactly what kind of report you want to make before starting the process because there are professionals to help guide you through the system.

RISE is always a good first place to reach out to get connected to other professionals that can provide you continued support.

## Some Parting Thoughts

No one has to be in a relationship to be happy and relationships are not indicative of your self-worth or success.

You deserve to be in a relationship where you are seen for who you really are, where you are validated, that has healthy communication and boundaries, and where you make each other happy.

You are loved and supported by so many people at TTU and in Lubbock. If you find that you're in an unhealthy or abusive relationship, we're always here to help if you need us.

**12.4%**

of TTU students say their intimate relationship was an impediment to their academic performance in the last year.

If a partner has strangled you in the past, your risk for being killed by them is 7x higher.

TTU CRISIS HELPLINE  
24/7/365 | 806.742.5555

STUDENT COUNSELING CENTER  
SWC 201 | 806.742.3674 | counseling.ttu.edu

STUDENT HEALTH SERVICES  
SWC | 806.743.2848  
www.depts.ttu.edu/studenthealth

RISK INTERVENTION & SAFETY EDUCATION (RISE)  
Drane 247 | 806.742.2110 | rise.ttu.edu

THE BODY PROJECT  
Two day body image workshop.  
Email rise@ttu.edu to register.

TTU POLICE DEPARTMENT  
Emergency: 911 | Non: 806.742.3931

TITLE IX COORDINATOR  
806.834.1949 | titleix.ttu.edu | Dr. Kimberly Simon:  
kimberly.simon@ttu.edu

CAMPUS INCLUSION RESOURCE TEAM  
<http://www.depts.ttu.edu/rise/campusinclusionresourcesteam.php>

RAD (RAPE AGGRESSION DEFENSE)  
Call 806.742.2110 or email rise@ttu.edu to learn more.

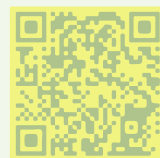
VOICE OF HOPE RAPE CRISIS CENTER  
806.763.3232 | 806.763.7273  
voiceofhopelubbock.org

LUBBOCK POLICE DEPARTMENT  
Emergency: 911 | Non: 806.775.2865  
lubbockpolice.com

WOMENS PROTECTIVE SERVICES  
806.747.6491 | wpslubbock.org

COVENANT ER  
3615 19th St. Lubbock, TX 79410 | 806.725.4288

UMC ER  
602 Indiana Ave. Lubbock, TX 79415 | 806.775.8200



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