

Getting What You Want

A Peer Guide into Healthy Relationships

Thinking Things Through

This is a great exercise if you wish to step back from your relationship and have a think about how it is going.

Write a list of the good things about your relationship

Write a list of the ways in which you think your relationships may be unhealthy

Write a list of the ways in which you think your partner has been or is being abusive towards you. (See the *Domestic and Family Violence Checklist* for some examples)

What does your partner gain through his behaviour?

How has the abuse made you feel?

How does or has the abuse affected you – how has it affected your confidence, your relationships and your life in general?

Who can you talk to who could help?

What personal strengths do you have to help you keep going?

What are some steps you will take to change this situation?

What can you do to feel safer (either in the relationship or after breaking up)?

What things can you do for yourself to feel stronger? (Eg. spend more time with my friends, keep a journal, etc)

The questions contained in this handout are based on those found in *When Love Hurts!*
www.vicnet.au/~dvirc

Source: Young Mothers for Young Women (1999) *Getting What You Want, A Guide to Healthy Relationships*, Partnerships Against Domestic Violence.