

# RIGHTS IN A RELATIONSHIP

## Both you and your partner have ...

### **The right to respect and goodwill from your partner, including:**

- The right to emotional support;
- The right to be heard by your partner;
- The right to be responded to with courtesy;
- The right to be respectfully asked, rather than “ordered;”
- The right to have your feelings and experiences acknowledged as real and valid;
- The right to encouragement.

### **The right to feel safe and to live free from abuse, including:**

- The right to live free from criticism and judgment;
- The right to live free from accusation and blame;
- The right to live free from verbal, emotional or physical threats;
- The right to live free from angry outbursts and rage.

### **The right to make decisions about your life and what affects you:**

- The right to clear and informative answers to questions that affect your life;
- The right to have access to financial resources and information, and to make financial decisions;
- The right to your privacy.

### **The right to be an individual person:**

- The right to say no;
- The right to make mistakes;
- The right to not be responsible for other adults' problems or behaviors;
- The right to control your own life;
- The right to make changes if you are not happy with your life.

INFORMATION IN PACKET COURTESY OF:

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*Getting Free* by Ginny McCarthy

*Why Does He Do That* by Lundy Bancroft

National Coalition Against Domestic Violence - [www.ncadv.org](http://www.ncadv.org)

Futures Without Violence - [www.futureswithoutviolence.org](http://www.futureswithoutviolence.org)

National Center on Domestic Violence, Trauma & Mental Health - [www.nationalcenterdvtraumamh.org](http://www.nationalcenterdvtraumamh.org)

Substance Abuse and Mental Health Services Administration - [www.samsha.gov](http://www.samsha.gov)

Domestic Abuse Intervention Project - [duluth-model.org](http://duluth-model.org)