24/7 CRISIS LINE
662-342-1432

House of Grace is a non-profit committed to helping domestic abuse victims, survivors, and their children find safety and essential resources.



www.houseofgracedv.org

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HEALTHY	You make decisions together, openly discuss problems and choices, enjoy time together, and feel secure apart. A healthy relationship means both you and your partner are:	• **Respectful** • **Communicative** • **Trusting** • **Honest**
UNHEALTHY	One person controls decisions, pressures their partner, and dismisses harm. You may feel isolated from others. You may be in an unhealthy relationship if your partner:	• **Pressures you** • **Is dishonest** • **Controlling** • **Inconsiderate**
ABUSIVE	One person controls choices, boundaries, and truth. You feel isolated and unable to share what's really happening. Abuse is occurring in a relationship when one partner:	• **Makes accusations** • **Casting blame** • **Isolating you** • **Manipulating you**