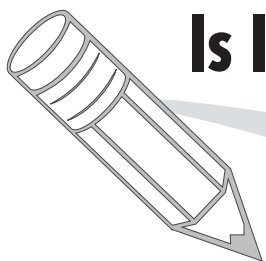


Is It Still Good — Characteristic Cards

Unit One—Lesson Five
Relationship Continuum

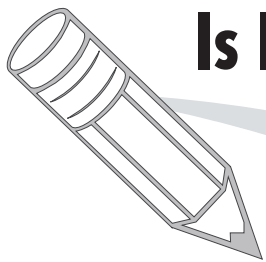
Ignores your feelings	Disrespects you
Teases you	Makes fun of you, and then tells you was just a joke
Withholds approval, appreciation, or affection when you disagree	Gives you the silent treatment
Criticizes you, calls you names, and yells at you	Humiliates you in public
Gives you a hard time about spending time with your friends or family	Tells you that you are too sensitive



Is It Still Good — Characteristic Cards (cont.)

Unit One—Lesson Five
Relationship Continuum

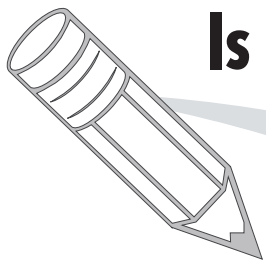
Only wants you to wear things that they like	Hurts your feelings when you are down
Restrains you physically during an argument	Forces you to do things that they want you to do
Feels that love means that you can control your partner	Assault (Hits you or hurts you physically)
“Twists” your words around against you	Makes decisions for you
Threatens to break up with you/leave you	Interrupts you and doesn’t listen to your point of view



Is It Still Good — Characteristic Cards (cont.)

Unit One—Lesson Five
Relationship Continuum

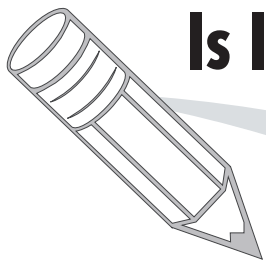
"Accidentally" hits or pushes you	Jealous when you talk to others
You find yourself walking on eggshells	You express your opinions less freely
You feel emotionally unsafe	Shouts at you
Hopes things will change, especially through love and understanding	You find yourself doubting your memory
You feel insecure, trapped, and powerless	Afraid of your partner



Is It Still Good — Characteristic Cards (cont.)

Unit One—Lesson Five
Relationship Continuum

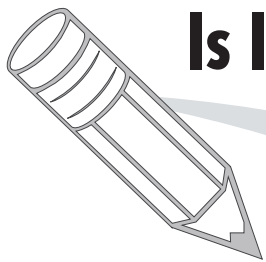
They demand to have sex even if you don't want to	Name calling
Blames you for everything that is wrong	Sexual harassment
Genuinely listens	Genuinely listens non-judgmentally
Being emotionally affirming and understanding	Values your opinions
Wants sex all the time	Hurts emotionally when you hurt emotionally



Is It Still Good — Characteristic Cards (cont.)

Unit One—Lesson Five
Relationship Continuum

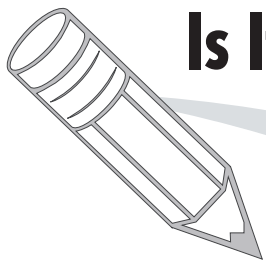
Supportive	Respects your right to have your own feelings, friends, activities
Joint decision-making	Being responsible for self (actions)
Honesty	Trust
Uses the phrase “If you loved me, you would _____” to convince you to do what they want	Clear communication
Gets mad and won’t stop talking until the issue is settled	Compromises



Is It Still Good — Characteristic Cards (cont.)

Unit One—Lesson Five
Relationship Continuum

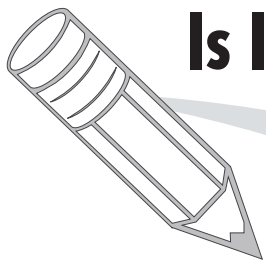
Compliments you	Won't take no for an answer
Sharing	Can disagree without being put down
Identifies shortcomings (seeks counseling)	Fairness
Positive-ness	Cares about your safety and best interest
Security	Partner is a priority



Is It Still Good — Characteristic Cards (cont.)

Unit One—Lesson Five
Relationship Continuum

Positive validation	Being able to apologize
Self-respect	Sharing your past
You can identify your personal needs	Commitment
Continues own friendships and interests	Accepting each other's right to say "no" and the right to change their mind
Arguments	Wants you to account for the money that you spend



Is It Still Good — Characteristic Cards (cont.)

Unit One—Lesson Five
Relationship Continuum

Encourages you to try new things	Supports your dreams
Confronts you	Participates in activities that you like, even if they don't particularly like it
Laughs at your jokes	