

Rights in a relationship:	Conflict Resolution
Be safe.	Summarize the best solution for both of you.
Say "no" without feeling guilty or selfish	Define the problem clearly, from both points of view
Express feelings, including anger, without violating the rights of others	What changes are each of you willing to make to arrive at a solution?
Be competitive, and to achieve.	State what you agree on.
Have your needs be as important as the needs of your partner.	Brainstorm possible solutions.
Decide which activities will fulfill your needs.	Boundaries
Make mistakes, and be responsible for them.	Personal: Right to privacy – Money - Sharing bank accounts? Loaning money
Have your opinions given the same respect and consideration as others.	Emotional: I love you" - Say it when you are ready / One partner might feel strongly enough to say it before the other; Time apart; Spend time with friends and family without permission' Being able to say when you want to do something on your own
Be cooperative and giving without being taken advantage of.	
Change your mind.	Physical - Take your time - Respect consent / A relationship doesn't need sexual activity to be a good relationship; Sex isn't currency; Holding hands in public
Be treated respectfully	
Be independent.	
Healthy Relationship	Unhealthy Relationship
Takes care of oneself	Neglecting yourself or your partner
Maintain and respect each other's individuality	Feel pressure to change who you are for the other person
Have activities apart from one another	Feel pressure to quit activities you usually / used to enjoy
Able to express yourselves to one another without fear of consequences	One of you is always justifying your actions
Allow and encourage other relationships	One partner feels obligated to have sex or is forced
Feel secure and comfortable	Refuse to have safer sex methods
Take interest in one another's activities	Arguments are not settled fairly
Have an option of privacy	Unequal control of resources
Respect sexual boundaries	Control or manipulate each other
Resolve conflict fairly	Physical/emotional abuse
	Have a lack of privacy