

HEALTHY RELATIONSHIPS

Characterized by respect, sharing and trust.

RESPECT

Listening to one another in a non-judgemental manner, and valuing each other's opinions.

SHARING

Making family and relationship decisions

together, mutually agreeing on a distribution of work which is fair to both partners.



TRUST & SUPPORT

Supporting each other's goals in life, and respecting each other's right to his/her own feelings, activities and interests.

HONESTY & ACCOUNTABILITY

Communicating openly and truthfully, admitting mistakes and acknowledging destructive behavior, and accepting responsibility for one's self.

ECONOMIC PARTNERSHIPS

Making financial decisions that work for both partners.

NEGOTIATION & FAIRNESS

Being willing to communicate so both parties agree to a win-win solution, however long that may take.

NON-THREATENING BEHAVIOR

Talking and acting in a way that promotes both partners' feelings of love and safety in the relationship.

*In a healthy relationship,
the power and control is shared equally.*

For More Information:

Women of Means Dedicated Phone Line:
239.280.1384 ext. 258
(leave a message)

*If you are in immediate danger,
please call 911*

Confidential 24-hour Crisis Line:
239.775.1101/TTY 239.775.4265

**No one deserves to be abused.
The Shelter is here to help!**



To Prevent. To Protect. To Prevail.

PO Box 10102
Naples FL 34101
239.775.3862
www.naplesshelter.org



Transforming lives...

Women of Means

The Women of Means program supports women who have specialized needs based on their abusers' power, privilege and access to resources.



To Prevent. To Protect. To Prevail.

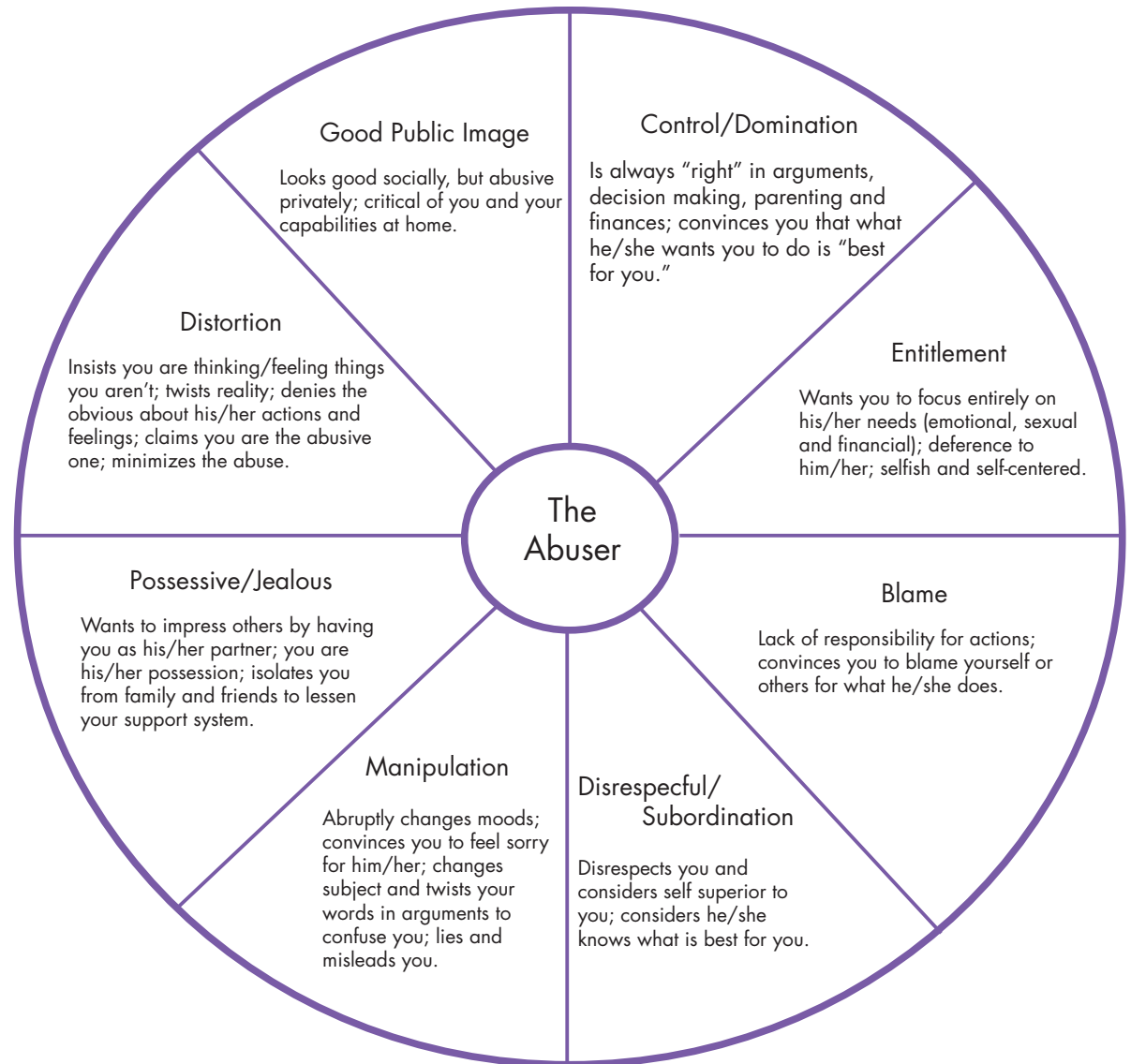
Do You Know Someone:

- Who suffers from emotional or physical abuse in her relationship?
- Whose partner controls her contacts with family or friends?
- Whose partner publicly humiliates her? Belittles and criticizes her?
- Whose partner uses threats of withholding money, or holds such a tight reign on the finances that it renders her financially vulnerable?
- Whose partner controls her with sex, forcing her to do things she is uncomfortable with and totally disregards her sexual pleasure?
- Whose partner sends conflicting and contradictory messages, blaming her for his behavior? Shows anger and withdrawal of affection?
- Who feels isolated, alone and ashamed because she thinks this abuse does not occur within her peer group?
- Who used privilege and status to control their partner?



Photo credit: K M Smith

Power & Control Wheel



Key Points:

- Abuse can be emotional, verbal, psychological, sexual, physical and financial.
- Abuse grows from attitudes and values not feelings.
- Abusers are far more conscious of what they are doing than they appear.
- Abusers are unwilling to be non-abusive, not unable.
- You are not crazy. Trust your perceptions.