

## The RESPECT model relationship

SEVEN QUESTIONS TO ASK YOURSELF WHEN YOU ENTER INTO A RELATIONSHIP

### DOES THIS RELATIONSHIP...?

1. **Respect your feelings and dreams.** Does your partner give you the respect you deserve?
2. **Express Clear Communication.** Are problems solved by communicating clearly and calmly? Or, are problems mainly solved through anger or physical /sexual embraces? Can you talk with your partner about anything? What can't be talked about? Why?
3. **Support your present and future.** Do both people only want the best for themselves and the one they're dating? Are future goals made easier to achieve or more difficult?
4. **Provide Comfort level.** Are you happy and at peace when you're with this person? Is guilt or manipulation used to make one person uncomfortable?
5. **Embody true love.** If the word "love" is professed, does your partner show it in his or her actions? Do you? How does this person show love? How do you show love?
6. **Contain Common interests.** Do you have a lot in common? Are you willing to learn from your partner in areas where there are differences?
7. **Total Acceptance.** Are you fully accepted for who you are- both the strengths and the weaknesses? Do you fully accept the person you are dating? Do you allow the person to see your weaknesses?