**Unhealthy vs Healthy Relationships**

**What are some signs that one is not in a healthy relationship?**

**Forms of Abuse**

**Physical Abuse**

* The most obvious, ranges from **\_\_\_\_\_\_\_\_\_\_\_\_\_\_** and shoving to hitting, beating, **\_\_\_\_\_\_\_\_\_\_\_** abuse with a weapon, torture, mutilation and murder.

**Emotional Abuse**

* It is also known as **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** abuse.
* It involves various tactics to **\_\_\_\_\_\_\_\_\_\_\_\_\_\_** an individual’s self-**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** such as yelling, insults, threats, humiliation, or isolation.

**Sexual Abuse**

* It includes any form of non-**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** sexual activity, ranging from harassment, unwanted touching, to rape.
* **\_\_\_\_\_\_\_\_\_\_\_\_**: It "is when someone **\_\_\_\_\_\_\_\_**, gives **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**, or says "**\_\_\_\_\_\_\_**" to sexual activity with other persons. Consent is always **\_\_\_\_\_\_\_\_\_\_** given and all people in a sexual situation must feel that they are able to say "yes" or "no" or stop the sexual **\_\_\_\_\_\_\_\_\_\_\_\_** at any point."

**Financial Abuse**

* It includes tactics used to **\_\_\_\_\_\_\_\_\_\_\_** an individual’s finances, inheritance, or employment income.  It may include **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** access to one’s own financial records and knowledge about personal investments, income, or debt, or **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** a partner to take employment outside the home.

**Spiritual Abuse**

* It involves attempting to destroy an individual’s **\_\_\_\_\_\_\_\_\_\_\_\_** or religious **\_\_\_\_\_\_\_\_\_\_\_** through ridicule or punishment, forcing someone to practice a religion, or adopt another one.

**The Cycle of Abuse**

**The Cycle of Abuse: Stage 1**

* **Stage 1 - \_\_\_\_\_\_\_\_\_\_\_-\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**: The abuser **\_\_\_\_\_\_\_\_\_\_** the other partner using insults and other verbal attacks.  The victim tries to be **\_\_\_\_\_\_\_\_\_\_\_\_** and feels **\_\_\_\_\_\_\_\_\_\_\_\_\_**.

**The Cycle of Abuse: Stage 2**

* **Stage 2 - \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_:** Built-up **\_\_\_\_\_\_\_\_\_\_\_\_** erupt into incidents ranging from severe verbal/emotional abuse to physical/sexual abuse and can last from a few **\_\_\_\_\_\_\_\_\_\_\_\_\_** to a few **\_\_\_\_\_\_**.  The victim is most likely to be seriously injured or killed by the abusive **\_\_\_\_\_\_\_\_\_\_\_\_** at this time.

**The Cycle of Abuse: Stage 3**

* **Stage 3 - \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_:** Following a **\_\_\_\_\_\_\_\_\_\_\_** episode the abuser is usually **\_\_\_\_\_\_\_\_\_\_\_\_\_\_** and **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**.  The victim once again recognizes the person he or she fell in love with.  The victim may accept promises from the abuser that “it will **\_\_\_\_\_\_\_\_\_** happen again.”

**Other Relationship Warning Signs**

* **\_\_\_\_\_\_\_\_\_\_\_\_\_**: It is “when someone **\_\_\_\_\_\_\_** or scares another person on **\_\_\_\_\_\_\_\_\_\_** and the person being bullied has a hard time defending themselves.”
* **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**: According to the Canadian Human Rights Commission, it is “an **\_\_\_\_\_\_\_\_\_** or a **\_\_\_\_\_\_\_\_\_\_\_** that treats a person or a group **\_\_\_\_\_\_\_** for reasons such as their race, age or disability.”
* **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**: The Ontario Human Rights Commission defines harassment as "engaging in a course of **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** comment or conduct that is **\_\_\_\_\_\_\_\_\_** or ought reasonably to be known to be **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**.”

**Human Dignity**

* When relating to one another, the Catholic Church calls us to respect human **\_\_\_\_\_\_\_\_\_\_**.
* In the **\_\_\_\_\_\_\_\_\_\_\_\_\_\_** of the Catholic Church, it states:
* “Every person, from the first moment of his/her life in the womb, has an inviolable dignity, because from all eternity God willed, loved, created, and redeemed that person and destined him for eternal happiness.”
* Every human being has **\_\_\_\_\_\_\_\_\_**.
* Humans have value from the moment of conception onward.
* One’s **\_\_\_\_\_\_\_\_\_**, physical, intellectual, **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**, spiritual, or financial state does not **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** his/her worth.
* In God’s eyes, every person is equal and deserving of **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**.

**Other Signs of Healthy Relationships**

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