

## BASIC RIGHTS IN A RELATIONSHIP

The right to:

- receive good will from the other person
  - receive emotional support.
- be heard by the other and the right to be responded to with courtesy.
  - have your own view even if your partner has a different one.
- have your feelings and experiences acknowledged as real.
- have a sincere apology for any jokes you feel are offensive.
- clear informative answers to questions that concern what is legitimately your business.
  - live free from accusation and blame.
  - live free from criticism and judgment.
- have your work and your interests spoken of with respect.
  - receive encouragement.
- live free from emotional and physical threat.
  - live free from angry outbursts and rage.
  - be called by no name that devalues you.
- be asked respectfully rather than to be ordered.