

# Building Strong and Healthy Relationships: A Guide to Thriving Families



## Healthy Family Functioning:

6 questions to ask yourself to find out how well your family functions from the American Academy of Pediatrics:

1. Do your family members have fun together, despite all the demands of daily life? Is there humor and laughter?
2. Does your family have clearly stated rules that are evenly applied, yet are flexible to situations that come up?
3. Are the family's expectations of each other reasonable and realistic?
4. Is each family member's needs being met?
5. Do parents and children have genuine respect for one another, demonstrating love, caring, trust and compassion, even when they disagree?
6. Is your family able to manage change or trauma without anger, arguments or resentment?

**WRAP believes that we can truly develop safe, stable, nurturing relationships, families, and communities throughout 20 counties in West Tennessee.**



The information shared here represents different facets of healthy relationships and families. Use it to assess your own family and relationship. If you feel like you need some help and would like to talk to someone, we are here for you.

## Characteristics of Healthy Relationships:

- Their presence is calming
- They respect your opinion
- They make you laugh
- They listen without judgment
- They are supportive
- They respect your needs
- They honor your boundaries
- They make an effort
- They make you feel valued

## Healthy Communication

Everyone needs to feel that their voice is being heard and that they are respected.

- Create a safe environment
- Keep healthy boundaries
- Listen to understand, not respond
- Be willing to compromise
- Avoid hurtful language
- Speak with "I" statements
- Show concern & respect for your partner's feelings
- Manage intense emotions appropriately
- Notice body language
- Be clear and to the point



## Healthy Love:

How do you know the difference between real love and a fantasy? Use this list of characteristics of real love to find out:

- Supports you being yourself
- Empowers boundaries
- Respects your no and yes
- Remarks on your dreams, desires and feelings
- Enjoys time in your presence
- Asks of you things kindly and safely
- Makes differences and disagreements safe
- Understands when you change your mind
- Asks and inquires rather than assumes
- Sees the person as they are, not how they want them to be
- Says "no" honestly
- Honest, direct, clear and simple
- Physical touch and affection is mutually enjoyable
- You feel secure and safe

## How We Help:

WRAP supports survivors of domestic and sexual violence in 20 West TN counties:

- Advocates located throughout our 20 county area are here to listen and offer resources, information and advocacy
- 24/7 crisis line
- Assistance with filing orders of protection and connection to other legal assistance
- Safety planning
- Safe homes and emergency safe refuge
- Relocation assistance
- Therapeutic support
- WRAP-DCS Partnership
- Relative Caregiver Program

Our services are free and confidential. We have a 24/7 helpline for support at 800-273-8712.

## Healthy Boundaries:

Boundaries are the limits and rules we set for ourselves within relationships. A person with healthy boundaries can say "no" to others when they want to, but they are also comfortable opening themselves up to intimacy and close relationships. Remember:

- It is not your job to fix others.
- It is okay if others get angry.
- It is okay to say no.
- It is not your job to take responsibility for others.
- You don't have to anticipate the needs of others.
- It is your job to make yourself happy.
- Nobody has to agree with you.
- You have a right to your own feelings.
- You are enough.



## Our Mission:

**WRAP's mission is to prevent intimate partner violence, stop the transmission of violence to children, youth, and young adults, and build healthy relationships across the lifespan - from children to seniors - one relationship at a time.**



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