

What's new at Luzio?

GIRL POWER

is a group therapy with a goal to improve self-esteem and confidence through education on body image and personal health.

Open to any Middle School aged female.

Meets once a week on Mondays from 5:30-6:30pm.

For more information or to enroll in this new group therapy, please contact Luzio & Associates.

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Healthy relationships, as defined by the National Domestic Violence Hotline, are relationships which “allow both partners to feel supported and connected but still feel independent.”

Healthy vs Unhealthy Romantic Relationships:

Healthy Romantic Relationships:

- Honest and Open Communication
- Loyalty
- Supportive
- Mutual Respect
- Friendship
- Accepts you completely
- Safe physically and emotionally
- Support and encourage outside interests
- Able to express anger assertively without blame or making the other person feel wrong
- Accept differences without expressing judgement
- Compromise
- Respect each other's privacy
- Saying “No” without feeling guilty about it
- Mistakes are accepted and learned from
- Boundaries are respected and your partner listens to you

Unhealthy Romantic Relationships:

- Fear
- Jealousy
- Manipulation
- Physical, Emotional, and Verbal Abuse/Violence
- Intimidation
- Expecting constant attention
- Name calling
- Harassment
- Stalking
- Isolation from friends or family
- Threatening
- Put downs
- Forcing intercourse
- Controlling

Steps to setting healthy boundaries in a romantic relationship:

1. Communicate your thoughts and feelings honestly and clearly
2. Ask your partner what they are feeling versus guessing
3. Take responsibility for your choices
4. Express your feelings as belonging to you without blaming your partner

If you think you may be involved in an unhealthy romantic relationship, please contact your therapist or schedule an appointment.

Albion Fellows Bacon Center has a 24 hour hotline
812-422-5622 or 800-339-7752.

If you know of someone in immediate danger, call **911**.

For crisis and counseling services, call the National Domestic Violence Hotline **1-800-799-7233**, individuals are available 24 hours a day, 7 days a week.

Gilles, Gary (2014). The Importance of Boundaries in a Romantic Relationship. Retrieved from <https://www.mentalhelp.net/blogs/the-importance-of-boundaries-in-romantic-relationships/>. Web.

LiveYourDream.org (2016). Retrieved from http://act.liveyourdream.org/42-domestic-violence-warning-signs-cpc/?gclid=EAJalQobChMIrbuY7KPf2AIVnrrACh36wgRLEAAYASAAEgLSafD_BwE. Web.