

TRUST and RESPECT

Trust and respect are essential ingredients for a good relationship – with family, friends or in a romantic or sexual relationship. Sometimes these terms can be a bit ‘airy-fairy’ though and hard to identify in a relationship.

We’ve put together a few examples of when you have trust, respect and choice. And when you don’t.

Trust

What is it?

The ability to have confidence in someone that they will treat you in a certain way. It is a reliance on another person. In a relationship it is important to be able to trust a partner to treat us well, be supportive and respectful.

Is there trust in your relationship?

You’ve got it	You don’t
My partner is cool with me having male and female friends.	My partner gets really jealous if I hang out with certain people.
My partner is honest with me even when it’s difficult.	My partner lies to me.
I am able to voice concerns about my relationship to my partner.	I keep concerns to myself and just hope things will work out.
There are times when I disagree with my partner’s perspective and feel ok about telling them.	If I don’t agree with my partner I am feel too intimidated to say anything so I just keep quiet.
My partner provides a shoulder to cry on - in good and bad times, without judgement.	I can’t rely on my partner to be unconditionally supportive.
I always make sure that my partner and I have the space to spend time with friends and family.	My partner doesn’t really like me spending time with other people.
We have different opinions on things but my partner and I agree to disagree.	If I don’t agree with my partner I just keep quiet.
I feel safe and secure in my relationship.	I don’t feel safe or secure in my relationship.
My partner is supportive of my choices around work or weekend activities.	My partner doesn’t really like me doing things without them like I used to.



Respect

What is it?

Respect is when you have a high regard for someone and who they are. This is a little easier to understand if we consider ways that people show their respect for someone else – by listening, by speaking well of them, by unconditionally supporting them, and by being honest. These are just a few ways to show respect – there are many others. There are also many actions which clearly demonstrate a lack of respect.

Is there respect in your relationship?

You've got it	You don't
My partner listens to me.	My partners not a great listener – they like to talk and give directions rather than listen
There is an even amount of give and take in my relationship.	My partner tends to make the decisions.
My partner is supportive of my choices – even if it is not to their benefit.	My partner only supports me when it suits them.
I feel I can be myself in my relationship.	I can tend to put on an act of who I think my partner wants me to be (eg. not getting upset or disagreeing).
My partner and I both know it is important to compromise.	My partner always likes to have their own way.
I am able to say no or change my mind about issues in my relationship.	My partner tends to become upset or angry when I change my mind so generally I don't. I just go along with things.
If we are having a problem in our relationship we are able to talk about it to try and sort it out.	My partner blames me or says 'it's my problem' if I raise concerns about our relationship.
My partner and I are both able to admit when we are wrong.	My partner is never wrong.
My partner is respectful in the way they communicate with me.	My partner puts me down and sometimes calls me names.
If I say no to something (eg. sex) my partner understands.	My partner tends to put pressure on me to do things I don't really want to do.

