



RELATIONSHIPS

Healthy vs. Toxic

Know the signs of a toxic vs. healthy relationship. Accessing the power of your cervix requires a safe, healthy relationship.

Comfortable Pace

The relationship moves at a speed that feels enjoyable for each person.



Intensity

When someone expresses very extreme feelings and over-the-top behavior that feels overwhelming.

Trust

Confidence that your partner won't do anything to hurt you or ruin the relationship.



Possessiveness

When someone is jealous to a point where they try to control who you spend time with and what you do.

Honesty

You can be truthful and candid without fearing how the other person will respond.



Manipulation

When someone tries to control your decisions, actions or emotions.

Independence

You have space to be yourself outside of the relationship.



Isolation

When someone keeps you away from your friends, family or other people.

Respect

You value one another's beliefs and opinions, and love one another for who you are as a person.



Sabotage

When someone purposely ruins your reputation, achievements or success.

Equality

The relationship feels balanced and everyone puts the same effort into the success of the relationship.



Belittling

When someone does and says things to make you feel bad about yourself.

Kindness

You are caring and empathetic to one another, and provide comfort and support.



Guilt

When someone makes you feel responsible for their actions or that it's your job to keep them happy.

Responsibility

You both take responsibility by owning your actions and words.



Volatility

When someone has a really strong, unpredictable reaction that makes you feel scared, confused or intimidated.