**Safety in relationships: What to consider**

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| **Safe** **Relationships** | **Unsafe Relationships** | **Questionable Relationships** |
| Respectful | Lack of respect | Uncertainty |
| Authentic | Lack of respect of boundaries | Confusion |
| Trusting | Intimidating | Reserved |
| Compassionate toward one another | Use power to get needs met | Question reliability and trust |
| Comfortable | Judgment | Question intentions |
| Have the ability to do repair work | Reactivity | Certainty may develop with time and exposure to situations/people |
| Body feels at ease | Body may feel tense and rigid or it could collapse | Body experiences a varying sense of unease |
| Urge to move toward the other person | Urge to move away from the other person or flee | Sense of uncertainty regarding movement urges |
| Close physical proximity | Physically distant from one another | Question safe physical proximity |

**Goals in relationships:**

* Be able to identify the type of person you are

with in the present moment (safe, unsafe, questionable).

* Identify the type of relationship you hold with each individual at the present time (intimate, friend, acquaintance, stranger).
* Adjust and adapt your boundary to each situation and person; consider the intimacy wheel when adapting your boundary.
* Use discretion regarding disclosure and vulnerability.

**Types of Relationships**

Intimate

Relationships

Most intimate relationship is with self and spiritual being

Friendship Relationships

Acquaintance Relationships

Strangers

**Intimate:**

Intimate relationships are with those few people with whom we share a high degree of commitment, trust, interdependence, disclosure, and
affection.

* Intimate relationships are usually formed with 2-4 people in your life.

Characteristics of intimate relationships include:

* + Increased connection and loyalty
	+ Acceptance of one another
	+ Trust, honesty and authenticity
	+ Increased ability to be vulnerable
	+ An increased level of disclosure regarding personal information
	+ A balance of disclosure between intimate parties
	+ Ability to speak truth without shame
	+ Ability to do repair work

What intimate relationships do you have in your life? What tells you they are intimate? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Friendships:**

A friendship relationship is one in which there is a connection and a sense of companionship.

* Friendships are usually formed with 5-15 people in your life.
* Characteristics of friendships:
	+ Sharing of some personal and private information but a limit on what is shared; sharing may or may not be reciprocated
	+ Shared common interests
	+ Trust and stability
	+ Friendships may vary in intensity from intimate friendships to acquaintance friendships on a continuum
	+ Decreased frequency of contact with this person than with someone in an intimate relationship
	+ A stronger boundary is oftentimes created in comparison to an intimate relationship boundary

What are some examples of friendships in your life?

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**Acquaintances:**

An acquaintance is someone we know by name and talk with when the opportunity arises but with whom we have limited interactions.

* Acquaintance relationships are usually formed with greater than 15 people in your life.
* Characteristics of acquaintance relationships:
	+ Limited personal information is shared
	+ Limited frequency of contact with

acquaintances and less time spent together

* + Superficial depth
	+ Typical acquaintance relationships are formed

with new people, coworkers, baristas, etc.

* Over time acquaintances may become friends—people with whom we have voluntarily negotiated more personal relationships.

What are a few examples of places you may meet an acquaintance?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**Strangers:**

A stranger is someone whom we do not know or with whom we are unfamiliar.

* Stranger relationships are unlimited in number.
* You may recognize a stranger but not know any personal information about them.

What are important factors to consider when you come in contact with a stranger? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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