

LOVE vs. CONTROL

Reproducible

LOVE
IS ABOUT



This sheet is intended for students to highlight the differences between love and control. It can be difficult to identify controlling behaviour when you're in a relationship. It's easy to justify controlling behaviour as a sign of caring or love for you. It's important to remember that controlling behaviour is not love, it is about power and manipulation.

RESPECT » In a healthy relationship, boyfriends (BFs) and/or girlfriends (GFs) value and cherish each other's friendship and consider each other's feelings.

DIGNITY » In a healthy relationship, BFs and/or GFs only ask each other to do things that they believe in and feel comfortable doing and respect decisions not to do something. BFs and/or GFs do not share each other's private feelings and thoughts with friends.

HONESTY » In a healthy relationship, BFs and/or GFs are sincere and mean what they say to each other.

TRUST » In a healthy relationship, BFs and/or GFs can rely on each other and know they will not share each other's private information or say anything that would embarrass each other.

KINDNESS » In a healthy relationship, BFs and/or GFs are generous, and care about how each other feels.

CARING » In a healthy relationship, BFs and/or GFs are concerned about each other.

LISTENING » In a healthy relationship, BFs and/or GFs actively listen to each other.

ACCEPTANCE » In a healthy relationship, BFs and/or GFs like each other for who they each are.

TOLERANCE » In a healthy relationship, BFs and/or GFs have patience with each other and understand that nobody is perfect and everybody makes mistakes (keep in mind that people should learn from their mistakes, and try to avoid making the same mistake repeatedly).

HELPING » In a healthy relationship, BFs and/or GFs help one another during hard times.

LOYALTY » In a healthy relationship, BFs and/or GFs stick up for each other.

SHARING INTERESTS » In a healthy relationship, BFs and/or GFs have some similar interests (i.e. activities, music, books, jokes, etc.).

BEING DEPENDABLE » In a healthy relationship, BFs and/or GFs are there for each other when they say they will be, and keep plans with each other.

FUN » In a healthy relationship, BFs and/or GFs enjoy spending time together.

EMPATHY » In a healthy relationship, BFs and/or GFs try to understand the way each other feels and are thoughtful not to hurt each other's feelings.

CONFIDING » In a healthy relationship, BFs and/or GFs share their experiences, feelings and thoughts with each other.

PROVIDE 3 EXAMPLES FOR THE FOLLOWING: What does love **look** like? **sound** like? **feel** like?



CONTROL IS ABOUT

INSINCERE FLATTERY » In an unhealthy relationship, a girlfriend (GF) or boyfriend (BF) will use insincere praise and flattery to try to get what they want.

MANIPULATING OUR DESIRE TO BE LIKED AND ACCEPTED » In an unhealthy relationship, a GF or BF will make their GF or BF feel accepted, as though they belong, but will want their GF or BF to do what they want them to do. "Don't be a suck. You're not hanging out with me if you can't put out."

NORMALIZING » In an unhealthy relationship, a GF or BF will tell their GF or BF that experimenting is normal and common. "Come on, you only live once. If you don't like it or regret it, you can always go back to the way things were. Everybody does it."

MINIMIZING » In an unhealthy relationship, a GF or BF will downplay their behaviour to avoid consequences and to get what they want. "It's not that big a deal. It only happened once. It's not like it hurt anyone. I'm sorry."

PERSISTENCE/PRESSURE » In an unhealthy relationship, a GF or BF will keep asking their GF or BF to do something they want even though their partner has already said "No." They will not accept "No" as an answer. "Come on; just try it, just once. If you don't like it I'll stop. Come on."

DENYING, LYING AND EXCUSES » (cheating) In an unhealthy relationship, a GF or BF will lie to avoid consequences. "I never did that! S/he was the one who came on to me."

UNPREDICTABLE BEHAVIOUR » In an unhealthy relationship, a GF or BF is affectionate and appears "caring," then suddenly withdraws their affection and becomes "cold" and distant. It is impossible to predict how the GF or BF is going to be. The GF or BF can fly off the handle in seconds.

SEXUAL ASSAULT/EXPLOITATION » In an unhealthy relationship, a GF or BF will force sexual touching, make threats to get sex, get their GF or BF drunk or use drugs to get sex (this can include taking naked pictures, cyber or phone sex).

PHYSICAL ASSAULT » In an unhealthy relationship, a GF or BF will hurt their GF or BF physically, being rough or violent (biting, hitting, pushing, slapping, kicking, punching, or pinching).

EMOTIONAL ABUSE AND YELLING » In an unhealthy relationship, a GF or BF will raise their voice, use put-downs, sarcasm, humiliation or embarrassment. They are highly critical — they criticize or correct everything and criticize those who care about their GF or BF.

PUNISHMENT/CONSEQUENCES » In an unhealthy relationship, a GF or BF makes their GF or BF "pay" for their behaviour. They ignore and give the silent treatment.

GUILT AND BLAME » In an unhealthy relationship, a GF or BF will appeal to their GF's or BF's goodness and desire to do what is right. They will project blame on their partner for everything that has happened. "If you hadn't done that then this wouldn't have happened to me!" "I have no place in your life. You make no time for me."

PITY » In an unhealthy relationship, a GF or BF will play the victim role. "I need you. I have no one else. I will kill myself if you leave me."

POSSESSIVE/LACK OF TRUST, JEALOUS » In an unhealthy relationship, a BF or GF will demand to know where their GF or BF is at all times and they question where their partner says they were. "Where are you going and who are you going with? When will you be back? I thought you said that you were going somewhere else? I will pick you up." They act like they own their GF or BF. They are mad and jealous when their GF or BF does things without them, they tell them what to wear and what not to wear or criticize what they are wearing. "You're wearing that?" or "You look sleazy."

INTIMIDATION, THREATS AND FEAR » (terrorize) In an unhealthy relationship, a GF or BF will try to scare their GF or BF to do what they want. This may include using violence, threats, blackmail, yelling (for example "I will kill you, if you ever leave me."). This may also include aggressive behaviour, such as punching holes in walls, throwing objects and damaging property.

ISOLATION » In an unhealthy relationship, a GF or BF will start arguments in relationships with family and close friends. They are always upset with their GF's or BF's family and friends and tell them to choose. "No one truly cares about you like I do. I will always be there for you unlike anyone else. It's them or me."

PROVIDE 3 EXAMPLES FOR THE FOLLOWING: What does control **look** like? **sound** like? **feel** like?

