




Ways I Want to Be Treated by a Dating Partner



DIRECTIONS

Below is a figure and a list of ways dating partners may treat each other. The figure represents you. On the two solid lines next to the figure, write the two most important ways you want to be treated by a dating partner. On the five dotted lines farther away from the figure, list five additional actions by a dating partner that are important to you. Feel free to write in ideas that aren't on the list.

I WANT TO BE  BY MY BOYFRIEND/GIRLFRIEND.

- respected _____
- nurtured _____
- trusted  _____
- supported _____
- taken care of _____
- treated equally = _____
- encouraged _____
- protected _____
- treated as an inferior < _____
- impressed  _____
- treated like a king or queen _____
- amused or made to laugh 😊 _____



- controlled _____
- romanced _____
- excited _____
-  loved _____
- provided for _____
- committed to _____
- treated honestly _____
-  abused _____
- cared for _____
- needed _____
- challenged _____
- cheated on _____

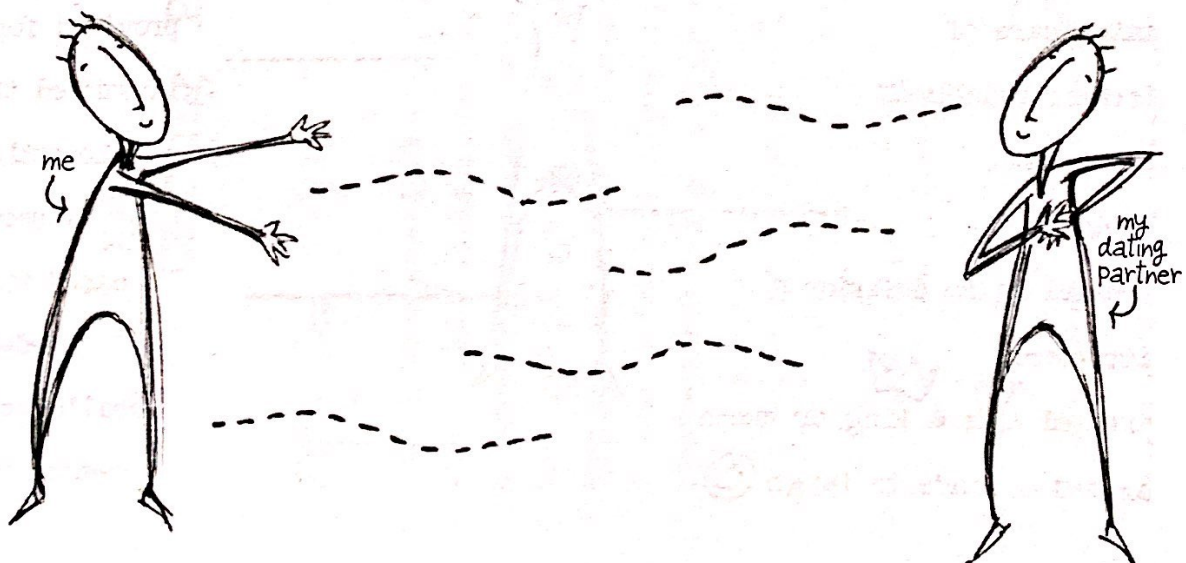
Ways I Want to Treat a Dating Partner

DIRECTIONS

Below are two figures and a list of ways dating partners may treat each other. The figure on the left represents you. The figure on the right represents your dating partner. There are five lines that run from you to your dating partner. On these lines, write down the ways that you want to treat a dating partner. Feel free to write in characteristics that aren't on the list below.

I WANT TO TREAT MY GIRLFRIEND/BOYFRIEND IN A WAY
THAT HELPS HER OR HIM FEEL ----- :-)

loved	excited	like a king or queen
afraid	nurtured	understood
respected	supported	protected
trusted	admired	challenged
encouraged	put on a pedestal	romanced
abused	controlled	taken care of



Typical Harmful Dating Behaviors

PHYSICAL HARM

- Hitting
- Scratching
- Pushing
- Threatening
- Pinching
- Choking
- Spitting
- Shaking
- Shoving
- Forcing
- Biting
- Pulling hair
- Using a weapon
- Throwing things
- Keeping a dating partner from leaving
- Molestation
- Rape
- Forcing unwanted sexual actions
- Damaging personal property
- Acting in an intimidating way
- Purposefully injuring an animal

EMOTIONAL HARM

- Calling a dating partner names
- Criticizing opinions
- Ignoring a dating partner's feelings
- Isolating a dating partner from others
- Behaving jealously
- Telling lies
- Scaring a dating partner
- Cheating on a dating partner
- Making a dating partner feel guilty
- Spreading rumors
- Threatening to hurt a dating partner
- Threatening to hurt oneself
- Using sexually derogatory names
- Criticizing beliefs about sex
- Putting down family and friends
- Driving recklessly to scare a dating partner
- Humiliating a dating partner in public/private
- Insulting a dating partner's beliefs or values
- Displaying inappropriate anger