

## Accountability

Accountability is about repairing small harms, mistakes or hurts in a relationship and includes:

1. Self-Reflection, to understand your actions and the impact they had on yourself and the people you care about.
2. Apologizing, to demonstrate that you understand what you did and what the impact was.
3. Repairing, which means to make amends and rebuild trust.
4. Behavior Change, to make sure you do not repeat your mistake or harm.

[www.idahocoalition.org](http://www.idahocoalition.org)

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## Where to Get Help

Everyone deserves a healthy relationship. If you have questions about your relationship and whether it is or isn't healthy, contact an advocate 24/7 via text, phone, or live chat to discuss your situation and what to do next.

### Contact your local domestic and sexual violence program:

[www.thehotline.org/get-help/domestic-violence-local-resources/](http://www.thehotline.org/get-help/domestic-violence-local-resources/)

### National Dating Abuse Helpline

Text LOVEIS to 22522 or speak to a peer advocate at 1-866-331-9474

### National Sexual Assault Hotline

1-833-656-4673

### Trevor Lifeline (for LGBTQ+ youth):

1-866-488-738

### National Suicide Prevention Lifeline:

1-800-273-8255 or [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org) to chat with a crisis counselor online

# Love Languages

in Healthy Relationships



We all deserve to be in healthy relationships that make us feel safe, happy, and fulfilled. When we learn love languages, we can practice relationships that are built on mutual respect. Here are the key love languages to have a healthy relationship:

### **Open Communication**

Open communication is essential to healthy relationships. It's about expressing yourself honestly and clearly, listening to your partner when they are doing the same, and really hearing and understanding what the other person has to say.

### **Listening**

When we listen attentively and actively to each other, we can better understand another person's

point of view and respond with empathy. Being an active listener in your relationships involves listening to take in the information, not only to respond. Listening goes both ways, and everyone deserves to be listened to.

### **Trust**

To trust someone means that you believe they are reliable, truthful, and a safe person to engage with. Trust and relationships go hand in hand. We build trust as we freely communicate our feelings and needs, which helps build our healthy relationships.

### **Authenticity**

Authenticity comes through deeply sharing our varied emotional and psychological aspects of ourselves. This includes revealing our own inner experience and seeing the same in our partner. This can feel scary, but should never feel unsafe in a healthy relationship. When we are authentic, our connections to ourselves and others are stronger.

### **Healthy Boundaries**

Boundaries lay a foundation of respect and trust in relationships by communicating what is and is not acceptable behavior in a given relationship and how each person will be responsible for their behaviors. Setting emotional or physical boundaries ensures everyone in the relationship feels comfortable, safe, and respected.

### **Shared Power**

In a healthy relationship, each person preserves their individuality, shares in making decisions, and freely expresses themselves. This includes knowing that when there is disagreement, everyone's perspective or opinion will be respected and valued. Shared power allows everyone to show up for themselves and show up for others.

