**Survey Questions: December 9th, 2020 (YWCA Yakima)**

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| 1. **How should someone cope when getting out of a toxic relationship?**   Often times individuals may go through several stages of feelings, emotions, memories that can be normal and common for someone who has experienced a toxic abusive relationship; first we work in acknowledging that your partners decisions and choices to cause harm were not your fault.  During this phase we work to understand the needs of gaining your voice, control of your own life by working on your self, your emotional and/or physical safety. Seeking support for self is crucial (important), be gentle, kind, and patient with yourself. Stop any critizing and or blaming yourself for the break-up or ending the toxic relationship, instead gently change that to positive approvals, and affirmations of learning to love yourself through the process of slow positive changes.  Reach out for support, through friends, family, peers and or a trusted adult, take care of your safety and emotional needs. Overall you need to know that you are not alone. |
| 1. **What if I don't feel comfortable having healthy relationships with people?**   While we know we all deserve to be in healthy, loving relationships with the right person or individuals, and if you feel that you are not ready physically and or emotionally comfortable to be in such relationship which it’s okay feel this way.  I think the understanding Key here is to stay connected with someone you trust and know your choices are respected. As well to help you know there is someone you can chat or check in with when needed.   |  | | --- | | 1. **Is it bad to be with someone just to not be alone? like just for company**   I don’t think it’s a bad thing to be around someone because you may feel alone or simply need some company. We understand individuals need human connection and relationships, goal is to still share those common boundaries, space together and equal space apart.  It’s important to still have the healthy elements such as mutual respect, honestly, both being at a comfortable space where you don’t have to rush into a serious relationship together. Just like in any form of relationship, it’s important that you keep your self-identity (being your own person) and independence of choices and next steps. | | 1. **How do we help a family member being belittling from a parent?**   If you think or have witnessed someone in an unhealthy-abusive harmful situation or events, I know this can be a very difficult situation or scary to approach. It’s very common to feel scared, or concerned of losing trust when confronting the situation with them. Here are a few tips to note:   1. Calmly start a conversation on a positive note where your concerns are expressed to the other person in a private and safe space (Try your best to stay calm, start on positive behavior and try your best not to blame things on them). 2. Be Supportive; simply remind them that they are not alone and that you want to be of help to them, try your best to not force conversations they may not be ready to talk about 3. Focus safe conversations in the unhealthy behaviors while providing the safe space for them. This step helps in getting an individual to understand what is and what is not appropriate or ways people deserve to be treated in a loving and healthy relationship. 4. Lastly, allow this person to make their own choices, offer solutions and potential resources or individuals they can talk to or reach out for professional help, as well stay connected and present for more conversations in the future. | | 1. **How do we know we’re the toxic one?**   In most relationships individuals behaving in unhealthy and abusive ways may not always see, acknowledge or recognize they are causing harm towards others.  This could be for many reasons including; never accepting responsibility for their actions and behavior, sense of entitlement, has difficult time communicating about their feelings or emotions, often justifies reason for unhealthy behaviors (it’s your fault I act this way or why I hurt you), some of the toxic behaviors could very well stem from past toxic relationships, family violence, past traumatic events, objectification of how a man or women should be treated, even a sense of abandonment from a parent.  I think the most important step is recognizing that we are humans, and we do unhealthy things at times, by recognizing this and really seeing that your behavior is causing harm in your relationships, seek out for a friend, family member or a trusted adult, professional to help. | | 1. **Does being clingy in a romantic relationship count as unhealthy?**   This is a great conversational starter question, I would have to say that being clingy in relationships can be seeing different across people. For some excessively seeking for attention may seem unhealthy, for others it may seem sweet and showing the real you.  However it helps to have both people be comfortable with how clingy you may be around them, having  respect for each others needs of independence, it also helps to be shown respect for who you are and what you bring to the relations without dismissing the others persons needs of attention, fun, responsibility and trustful time together. | |