|  |  |  |
| --- | --- | --- |
| **Questions**  This tool helps you imagine the qualities, characteristics and behaviours of your ideal partner. By answering hypothetical questions about your ideal partner you can create a clear picture of them in your mind. This can be a helpful exercise as sometimes we can lose sight of what is important to us and healthy in a relationship. One of the reasons we may end up staying in an abusive relationship is because we have become so used to the situation happening that we’ve normalised it. However, if you’re in an abusive relationship, what you’re enduring isn’t normal or acceptable and shouldn’t be tolerated. Take a few minutes to answer the questions below in respect of an ‘ideal partner’ and then answer them again with your current partner in mind, finally compare and contrast. Is there a difference? | **Your ideal partner** | **Current partner** |
| How does your partner make you feel special? |  |  |
| How does he/she behave if you want to go out with friends or family? |  |  |
| How do you have fun with your partner? |  |  |
| How does your partner show you love and affection? |  |  |
| How does your partner behave when you want to start something new e.g. *new job, new activities, see a new friend?* |  |  |
| How does your partner make you feel about yourself? |  |  |
| How does your partner treat you when you’re with company? |  |  |
| How do you and your partner manage the finances within the relationship? |  |  |
| How Is your partner supportive of the things you do? |  |  |
| When you have sex or sexual contact, how does your partner make you feel? |  |  |
| How would your partner behave if you say ‘no’? |  |  |
| What’s your partner’s best qualities? |  |  |
| How do you make decisions in your relationship? |  |  |
| How do you resolve disagreements? |  |  |