



WORKSHEET

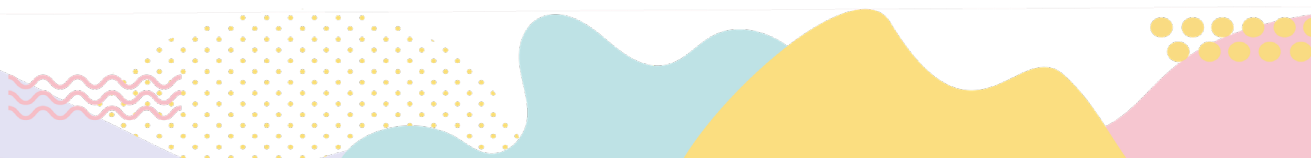
EXPECTED OUTCOME OF 'GREEN LIGHT/RED LIGHT' IN OUR RELATIONSHIPS

Activity 2

Green light – You and your partner.....
1. You and your partner talk to each other openly and have good communication
2. You and your partner trust each other and are honest with each other
3. You and your partner feel happy, good and comfortable around each other
4. You and your partner decide together how you'll spend your time
5. You and your partner have freedom within the relationship
6. You and your partner have more good times than bad
7. You and your partner have fun together
8. You fight but you resolve your differences
9. You both respect each other's privacy
10. You and your partner allow each other to be as you are without trying to change the other person
11. You feel safe in the relationship
12. You and your partner discuss openly what you enjoy and what you don't enjoy in the relationship. This goes for sex too!
13. You feel there is an open and safe space for both of you to explore what you like during sex
14. All sexual activity between you is clearly 100% consensual



Yellow light
15. When your partner gets upset, they sometimes call you names, insult you or threaten you
16. Your partner calls you or texts you many times during the day to see what you're up to
17. You behave as if the needs of your partner are more important than your own and always put them first
18. Your partner checks your Instagram and other social media activity and expresses their disapproval about things you do online (posts, comments, tags, likes etc.)
19. Even when they apologize for something, your partner still blames you for what happened (I am sorry I yelled at you but you keep pushing my buttons)
20. Sometimes you feel you do things just to please your partner
21. Your partner sometimes writes diminishing or sarcastic comments on social media about your looks, your body, your style or your appearance
22. Your partner pressures you to do things sexually that you're not feeling comfortable to do.
23. Your partner is excessively insecure, wants constant reassurance and expects you to agree with them and do things their way
24. Your partner gets very jealous sometimes
25. Your partner wants to have the passwords to your social media accounts
26. Even though you don't feel like it, your partner strongly insists that you watch porn together.
27. When you haven't seen each other for some time, your partner insists that you send them a topless/naked picture of you.
28. You spend so much time together that you are starting to feel suffocated or you ignore your friends, your family or other things that used to be important to you





Red light
29. You feel unsafe in the relationship
30. Your partner constantly calls you degrading names and tries to find an opportunity to make you feel useless or bad about yourself
31. You often avoid doing some things because you know they would upset your partner
32. Your partner often manipulates you to do what they want
33. Your partner actively discourages you from being close to anyone else
34. Your partner demanded that they have the passwords to your social media account and they restrict the way you interact on social networking sites
35. Your partner gets really angry and pushy when you're physically intimate but don't want to have sex
36. When your partner gets angry, they throw things at you or they break things
37. Your partner forces you to do sexual things you don't feel comfortable with
38. Your partner threatens you that they will share intimate pictures of you online