

Envisioning Healthy Relationships

 This chart helps Canadian Armed Forces (CAF) personnel and families reflect on their relationship experiences by considering actions, feelings, and patterns across healthy, stressed, unhealthy, and abusive behaviours in relationships.

Examples are included to help shape your understanding of healthy and unhealthy expectations. These examples are just some suggestions to help you reflect. You are encouraged to contact MFRC, MFS service provider, FIL or CAFKIDS to explore further.

Self-Reflection Prompts

Equality and teamwork to me looks like....

Feeling appreciated to me looks like....

Healthy

Equality and teamwork look like us making major decisions together.

I feel appreciated when my partner listens to me and acknowledges how I feel, as I do the same for them.

Unhealthy

Equality and teamwork look like I am the financial provider so I should make all the major decisions without any input from my partner.

I feel appreciated when my partner obeys me and does not question my authority.



If you'd like to talk, reach out to the Family Information Line.
1-800-866-4546 (North America) or 00-800-771-17722 (International).

 cfmws.ca/healthyrelationships



Self-Reflection Prompts

Boundaries that help me balance my relationship with my commitment to the CAF or CAF lifestyle are...

Repair after conflict to me looks like...

Maintaining connection during periods of high operational stress and transition to me looks like...

My expectations around sharing culture and traditions are...

My communication expectations during periods of living apart are...

My expectations around blended families are...

Healthy

When I am home, I make efforts to be present with my family.

I give my partner space to cool off and process the conflict.

I feel connected with my partner when they check in with me at agreed upon times.

We both agree on what traditions are important for us and make an effort to celebrate them.

I understand and will prepare healthy ways to manage periods apart when communication is not possible, including seeking support from my friends, family or community support.

We celebrate and embrace the diversity in our family.

Unhealthy

Never switch off from work mode and expect my partner to be alright that I rarely prioritize them.

We continue escalating the conflict.

I feel disconnected from my partner when I am ignored by them or my feelings are minimized.

I restrict or control my partner's cultural practices or family traditions.

I expect continuous contact and deny any impact that living apart has on me.

We emphasize and pick at differences when things aren't going well.



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