What Respectful Connection Means to Me

Exploring reciprocity, repair, and personal dignity

Healthy connection includes room for different needs, accountability, repair, and personal autonomy. Everyone can define their priorities.

TAKE YOUR TIME Use this for reflection on relationships you experience as safe. It is not a couples-therapy substitute for coercive or violent relationships.

1. **How do I know when someone is listening with respect?**

2. **What does taking responsibility for hurtful behaviour look like to me?**

3. **When do I feel free to disagree without fear?**

4. **Which personal needs should remain important within a relationship?**

5. **What does a healthy repair after disagreement include?**

6. **What kind of connection would I like to practice or seek?**

EDUCATIONAL SOURCES

Real, T. (2022). Narcissism and Intimacy: Coming Down from Grandiosity and Up from Shame. PESI. | Behary, W. (2022). Disarming the Narcissist in Couples Therapy. PESI.