

Our Healthy Relationships

Tinana

Kaua e patu tō wāhine ataahua (don't hit your beautiful partner)

We communicate well in this relationship

The relationship has consenting sex

Tino pouri ki te whakarongo ki ō kupu kangakanga ki tō whaiaipō (it is sad to hear your bad words towards your partner)

Ka tiaki ahau i taku tinana me tana tinana hoki (I care for my body and his body also)

Wairua

We feel connected in this relationship by sharing our feelings with each other

There is good wairua between us

We have emotional intimacy

My partner does not feel scared in this relationship

Kaua e whakamate te koa ō te wāhine (don't take her happiness away from her)

I do not rely on my partner for all my happiness

Whānau

My partner's whānau trust me and my whānau support me in us making the right decisions in this relationship

My whānau accept my partner into their lives

My whānau supports my relationship

My whānau trusts my partner

I feel safe around my partner's whānau and friends

Hinengaro

I do not assume she is doing something I disagree with

I respect my partner's space

I do not feel threatened by my partner if we argue

We communicate about all aspects of our relationship including sex

Feeling your emotions are being reciprocated

Taha hinengaro

Mental and emotional well-being

Taha whānau

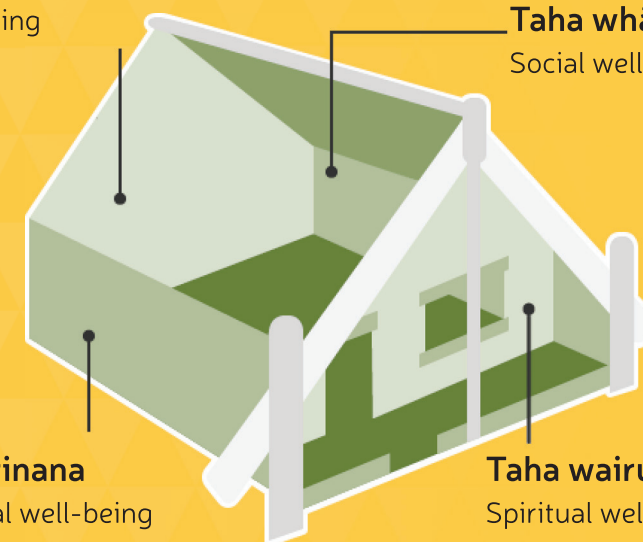
Social well-being

Taha tinana

Physical well-being

Taha wairua

Spiritual well-being



Durie (1984)