

# CONNECT WITH US FOR MORE RESOURCES AND INFORMATION

Website: [dayahouston.org](http://dayahouston.org)

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Hours: Monday–Friday, 9 AM–5 PM



## HEALTHY RELATIONSHIPS



Scan here to go to Daya's  
website

[WWW.DAYAHOUSTON.ORG](http://WWW.DAYAHOUSTON.ORG)

# WHAT DOES A HEALTHY RELATIONSHIP LOOK LIKE?

## HEALTHY RELATIONSHIPS IN OUR COMMUNITY

At Daya, we believe that healthy relationships are the foundation of a strong community. They are built on mutual respect, care, and understanding. In every culture, including South Asian communities where family and community ties are deeply valued, relationships should make you feel safe, valued, and supported.



# REFLECTING ON YOUR RELATIONSHIP

If something feels off or uncomfortable in your relationship, it's okay to take a step back and reflect on what you need and deserve. Consider the following signs that may indicate areas of concern:

- Difficulty respecting boundaries: Ignoring your preferences or personal space, which can be particularly challenging in close-knit family settings.
- Frequent dishonesty: Hiding information or being consistently untruthful, which can erode trust.
- Over-controlling behavior: Controlling most or all of your daily activities, such as who to be friends with, what to wear, or how to spend your money. This can be disguised as cultural or family expectations.
- Emotional manipulation: Actions that make you question your feelings or experiences, such as gaslighting. This can be subtle and often justified as maintaining family harmony.
- Excessive jealousy or possessiveness: Constant accusations or needing reassurance, which can be harmful and isolating.

## WHAT SHOULD YOU DO?

Not all red flags mean a relationship is abusive, but they are worth paying attention to. Ask yourself:

- Do I feel safe and respected in this relationship?
- Can I communicate openly without fear of judgment or retaliation?

If something doesn't feel right, trust your instincts. You deserve a relationship where you feel valued and supported.

## DAYA'S FREE AND CONFIDENTIAL SERVICES

- Safety planning: Helping you create a plan to ensure your safety.
- Legal advocacy: Providing guidance and support through legal processes.
- Counseling: Offering emotional support and guidance to navigate challenging situations.

We are committed to providing culturally resonant support that respects the values and traditions of all communities, including the South Asian community.