

Relationship Dynamics

Moorpark College
Student Health Center

Contact Us

Call: (805) 378-1413

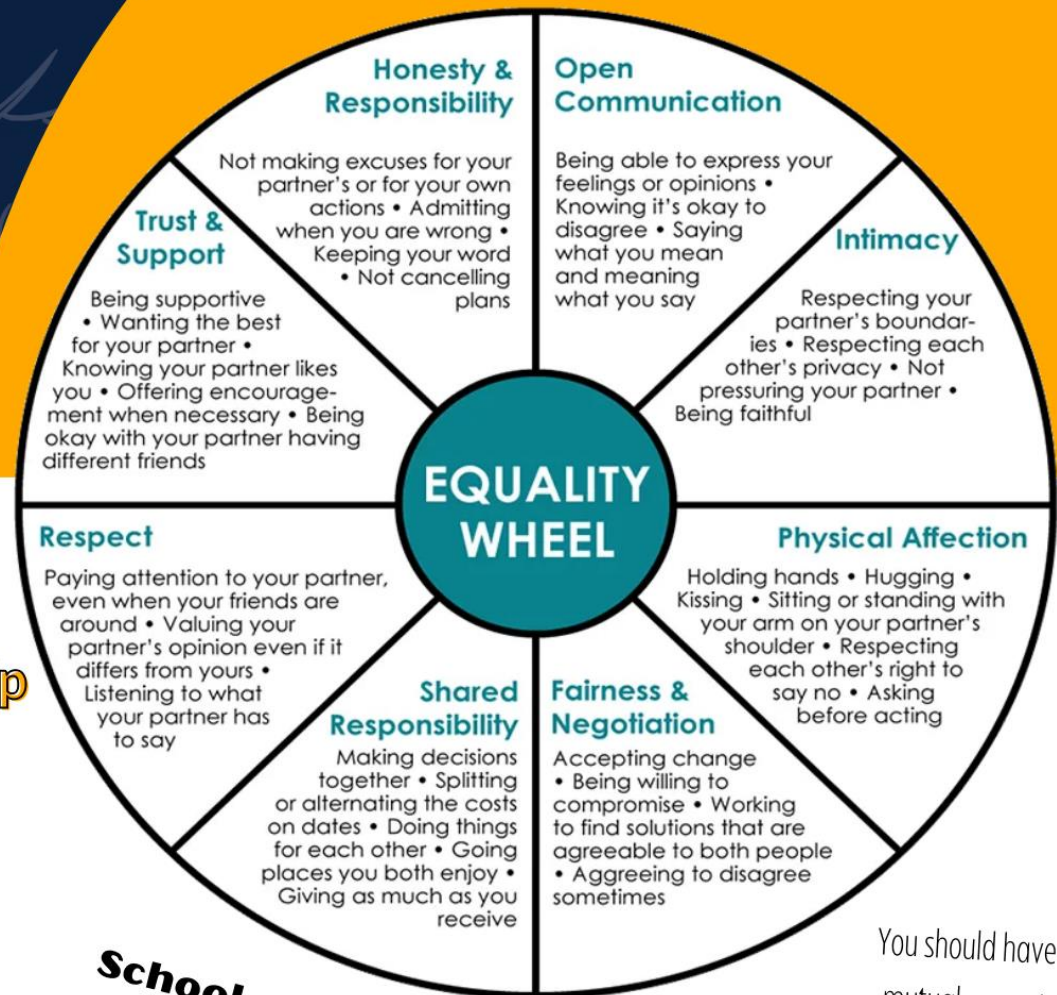
Location: Administration Building
Rm 111



mc_studenthealthcenter

Our trained mental health team is here to help. Call (805) 378-1413 for a free appointment as a student.

We can help with:
Relationships
Self-esteem/value
Stress/anxiety
Self-discovery
And more



Tips for a healthy relationship

IT'S OKAY NOT TO SPEND ALL OF YOUR TIME TOGETHER.

You can/should have friends independent of the relationship.

School and other responsibilities can come first.

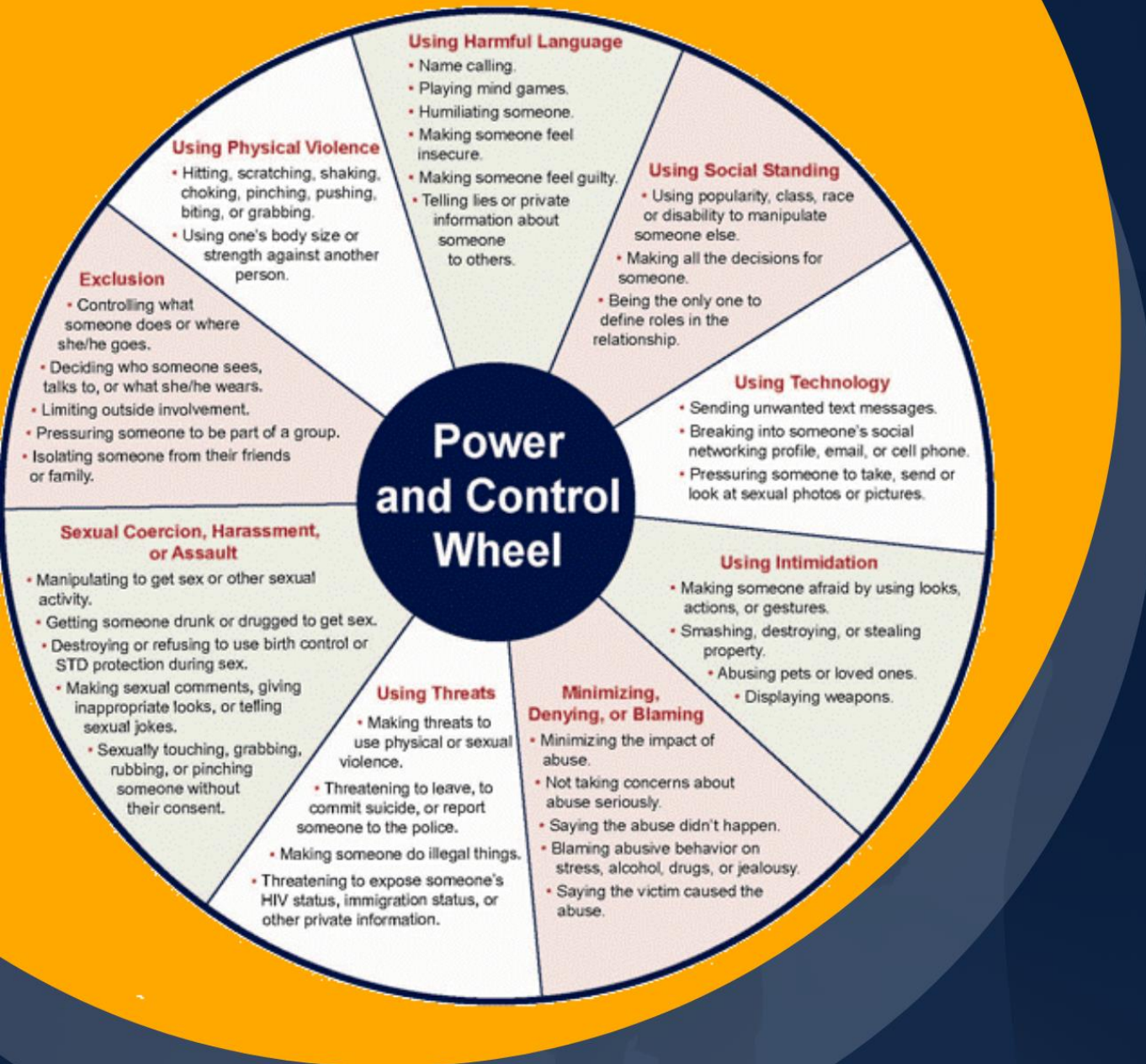
Your boundaries are for you to determine. Keep them.

Talk about any concerns

Your time together should fill your emotional, mental, and physical needs

You should know that if you wanted to end the relationship you could do so without fear or retaliation

You should have mutual respect



Do you ever feel like...

You have to hide things or your partner will get mad?

Your partner does something that hurts you and doesn't take accountability?

They wouldn't let you break-up with them because they "love you so much they would rather die than be without you?"

They often make you the target of jokes?

They tell their friends personal things about you or your relationship without your permission?

They put you down.

They don't want you to focus on things that are important to you or spend time with other people?

They make you feel like you are lucky to be with them or don't have other options?

They push the boundaries on what you are okay with physically/sexually without asking or talking about it.

They are very jealous or want to know everything you do/who you are with.

There are many indicators of a potentially unhealthy relationship. The above questions are just some common experiences. If you answered yes to any of the above questions, it may be a good idea to consider if you are in a healthy relationship and what you may need.

Get Help.

If you are in danger, call 911.

If you need to leave, find a shelter or safe space.

Seek professional help for emotional and mental trauma.