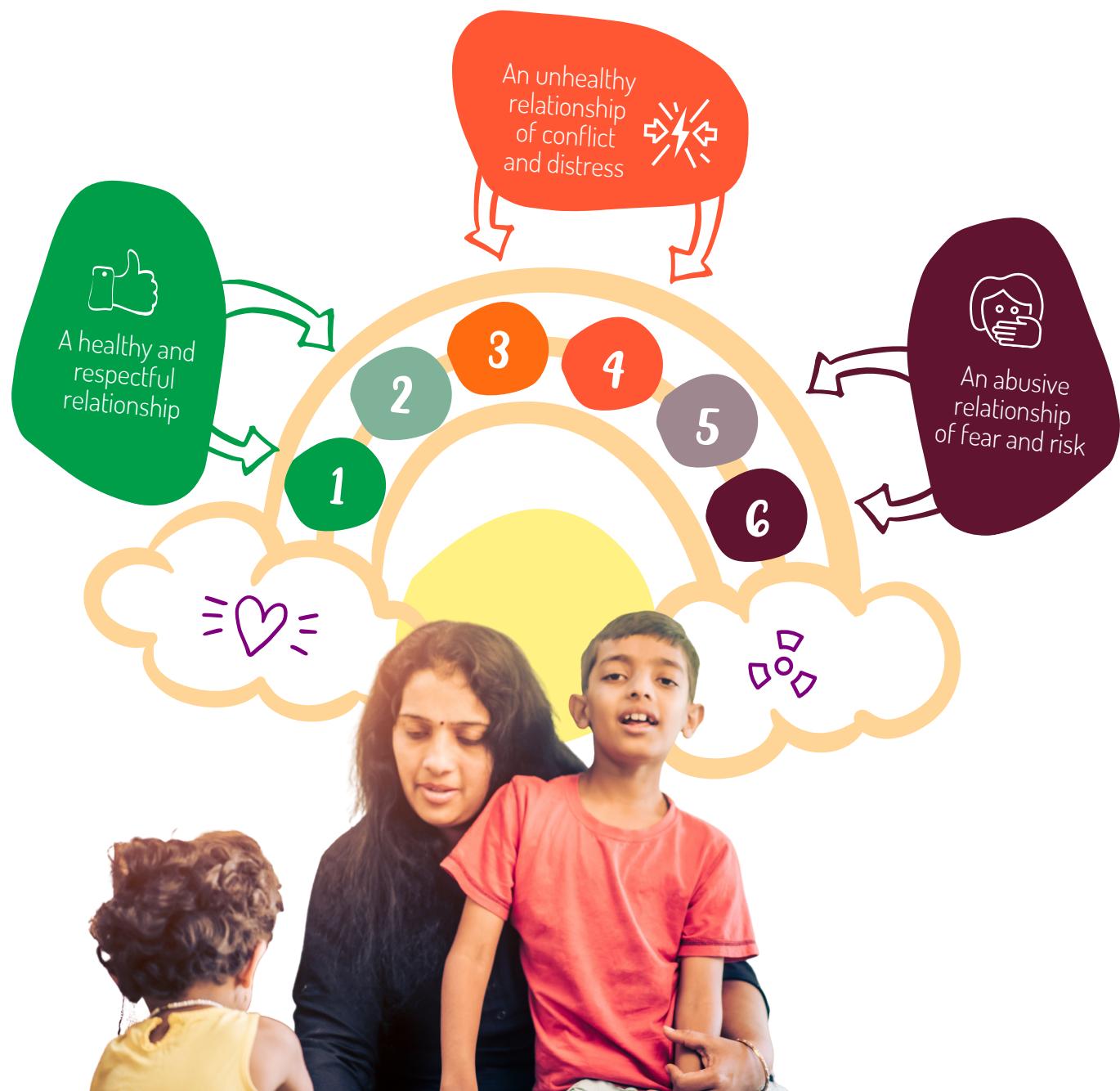




# Relational journey: parental relationship impact mapping

Relationships can shift and evolve over time. It is important to understand when relationships move from healthy to unhealthy or even abusive. This guide will help you understand where your relationship is at the moment.



Relationship style	What behaviours you have	What it looks like	What your child experiences	What help and support is available
 A healthy and respectful relationship	Respect. Equality. Honesty. Co-operation. Trust.	Open communication. Tricky moments are resolved constructively.	Constructive resolution skills. Emotional control. Respect and equality.	Self help. Children and family centres. Community services.
 An unhealthy relationship of conflict and distress	Inconsistent respect and co-operation.	Reduced communication. Difficulties ignored. Arguing and unhappiness.	Toxic environment. Reduced connections. Feeling isolated and alone.	Family assessment from Bromley Children Project. Relationship support.
 An abusive relationship of fear and risk	Violence. Conflict. Stress. Worry.	Frequent conflict and arguments. Parents emotionally unavailable.	Emotional health worries. Concern and worry. Uncertainty in situations.	Family assessment from Bromley Children Project. Domestic abuse advice.
 Domestic abuse	Violence. Conflict. Stress. Worry.	Conflict and abuse. Unresolved conflict. Inconsistent pattern.	Controlling and abusive interactions. Arguments and stress.	Domestic abuse pathway. Children's social care.
 Domestic abuse	Control. Abuse. Fear.	Coercive control. Physical harm. Fear of violence or death.	Risk of significant harm. Trauma and fear. Belief that abuse is normal.	Domestic abuse services. Children's social care. Police and emergency care.

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