



Be Real With Us

FB: letsberealtbc

Twitter, Snapchat, Spotify: breakthecycledv

Instagram: breakthecycle

Web: breakthecycle.org

# FREEDOM & SPACE

Relationships are fun AND they also require effort from both people. Whether it's casual, serious, or just a friendship, it's important to feel respected, safe, and heard. Having a healthy relationship means giving each other the space and freedom to live your individual lives.

## Why are freedom and space important in relationships?

Before you got together, you and your partner had your own hobbies, likes, and friends. That shouldn't change after you get together. Keep doing things that make you happy, and give your partner the freedom to do the same. It's nice to spend a lot of time together, but be sure to have time away to focus on you too.

## What can I say to someone if I need more space?

Telling your partner you need space is not an easy conversation, but it's an important one. You could say:

- "I want to do my own thing today. Let's plan something for tomorrow."
- "I like you, and I like spending time with you, but I also like my alone time."
- "I haven't seen my friends/played basketball/had family time in a while. I'd like to do that this weekend."
- "I need space."

## What if they get upset?

That can be tough, but healthy relationships include setting boundaries. Telling your partner you need space is a boundary that should be respected. There's a chance your partner may not understand why you need space, but that doesn't mean you shouldn't take the space you need. Talk it out if they don't understand, but remember that you have the right to be free!

Restricting freedom is a sign of an unhealthy or abusive relationship. If you want to know more about healthy, unhealthy, and abusive relationships, visit [breakthecycle.org](http://breakthecycle.org).