

Breaking down jealousy myths

Contributed by Nicole Seligman, loveisrespect advocate, from *Dating & Hooking Up*

Jealousy comes up in most relationships. What determines if your relationship behaviors are healthy, unhealthy or abusive is how you deal with jealous feelings. Let's break down some myths to help you learn how to handle your jealousy in a healthy way.

Myth 1

My partner shouldn't talk to, text or hang out with other girls/guys.

False! In a healthy relationship, both partners should encourage each other to have friends of any gender outside of the relationship. It is important to set boundaries to make sure you're both on the same page about what might constitute cheating, but you and your partner should have fulfilling friendships with other people.

Myth 2

Going through my partner's phone and social media is OK if I suspect he or she might be cheating.

False! Whether you heard a

HERE TO HELP

The Chehalis Domestic Violence Program offers services to tribal members and community members. If you have concerns about healthy relationships, jealousy, domestic violence or dating violence, please reach out.

Visit the office: Stop by from 8 a.m.-4:30 p.m. Monday-Friday or call 360-709-1874.

Crisis line: Chehalis Tribe Domestic Violence Advocate Janita Raham is available at 360-789-3627. Call or text 24/7.

The Women's Healing Circle runs from 4:30-6 p.m. March 9 and 23 and April 13 and 27 in the Behavioral Health Group Room.

The group provides a safe environment to talk with people who have been affected by domestic violence. Build friendships and find support.

A craft, meal and child care will be provided. Open to the tribal community and employees. Free and confidential.



rumor or have a feeling he or she might be cheating, it's never OK to look through your partner's phone or social media without permission. In a healthy relationship, if you are worried your partner might be cheating, communicate openly. It's more effective to approach this as a conversation rather than an accusation.

anything to do with checking up, then you aren't trusting. If your answer has something to do with adjusting your own jealousy and behaviors, you might be able to go on to have a healthy relationship.

Myth 4

If my partner is jealous of other people talking to me, he or she is trying to protect me.

False! Just like in myth 1, healthy relationships include healthy friendships. If your partner says you aren't allowed to talk to other people because they might be interested in you, then your partner doesn't trust you. When one partner tries to tell the other who to talk to, that is asserting power and control, which is unhealthy and can be abusive.

shouldn't trust that he or she is being faithful.

False! It's natural to be hurt by cheating and dishonesty, but it's never OK to use the past against your partner. Trust is something we decide to give, not something that can be earned back. Not trusting your partner isn't fair to either of you. If you're unsure whether you can trust your partner, think about what it would take for you to trust again. If your answer has

Myth 3

Because my partner has cheated or lied in the past, I

Rez Animal closes a successful year

Program spays/neuters pets, reduces number of strays

Rez Animal Resources & Education had an exceptional year and provided 183 spay/neuter surgeries in 2016.

Since it began its program in October 2006, the group has paid for all or part of the cost to spay and neuter more than 1,229 dogs and cats. With the help of volunteers who provide foster care for stray dogs and cats, the organization has placed 218 animals into



permanent homes.

Rez Animal serves dogs and cats within the Chehalis, Nisqually, Skokomish, Squaxin Island and Shoalwater Bay native communities. Its spay/neuter voucher program is available to anyone living in these tribal communities or any enrolled member of one of

the tribes. Vouchers can be used at participating clinics near the reservation. Pet owners pay \$5 toward the spay/neuter surgery and Rez Animal pays the rest.

Spaying or neutering

your pet is critical to controlling the pet population and reducing the number of homeless dogs and cats. The Humane Society of the United States estimates that 6-8 million pets enter animal shelters each year. About half are adopted, and the rest are euthanized.

Unspayed female cats can have an average of three litters per year, each of which produces four to six kittens. Unspayed dogs have an average of two litters per year with six-10 puppies in each litter.

Rez Animal Resources & Education also can help with emergency veterinary care if a pet is sick or injured.

CONTACT US

To receive a spay/neuter voucher, call 253-370-6392.

Donations are gladly accepted to help us to keep providing low-cost spay/neuter services. Make donations at rezanimals.com or by check payable to: Rez Animal Resources & Education and mail to P.O. Box 8640, Lacey, WA 98509.

SPAY/NEUTER SURGERIES COMPLETED

Chehalis	425
Nisqually	208
Skokomish	242
Squaxin Island	248
Shoalwater Bay	106