

# Valentine Edition

The Official Newsletter of Internal Complaints Committee



**THIS  
FEBRUARY,  
START TALKING ABOUT  
HEALTHY RELATIONSHIPS!**

**LOVE  
HAS MANY  
DEFINITIONS  
BUT ABUSE  
ISN'T ONE  
OF THEM.**

## Healthy Relationships

Neither of us is happy  
Neither of us wants to leave  
So we keep breaking one another  
And calling it love

~Rupi Kaur

Every relationship, romantic or not is based on mutual respect and trust. However, in the case of romantic relationships, more often than not, we end up stretching our boundaries for the people we love because of course, the other person is not capable of hurting us. This is where a breach of trust may begin. In relationships, boundaries help develop emotional health which over time can end up affecting a person's self-esteem and confidence positively. Breach of boundaries can range from emotional manipulation to gaslighting and lack of consent and includes everything else in between.

In situations with violations of boundaries, the easiest way out is to discuss patiently whatever is troubling you. Knowing and respecting your personal limits and needs can improve your couple relationship and keep it healthy and strong.

Trigger Warning



## Raise Your Voice

Rihanna was photographed in 2009 with black eyes and a bruised and bloody face after her then-boyfriend, singer Chris Brown, assaulted her in his car and left her on the side of the street.

Rihanna addressed the violence in an interview with Vanity Fair: "A lot of women, a lot of young girls, are still going through it. A lot of young boys too. It's not a subject to sweep under the rug, so I can't just dismiss it like it wasn't anything, or I don't take it seriously."

# Understanding Boundaries in romantic relationships



Boundaries can be of different types.

## Physical boundaries:-

It refers to your body, privacy, and personal space. An easy example of a violation of physical boundaries would be if a person is uncomfortable with public displays of affection and cannot establish that in a relationship.

## Emotional boundaries:-

Healthy emotional boundaries require you to know where you end and your partner begins. If your partner is upset and you notice yourself sharing this feeling, a boundary might be needed. Notice when you feel guilty, ashamed, upset, and undervalued. Boundaries might be needed when you notice these feelings coming up around certain issues or situations.

## Sexual boundaries:-

Sexual boundaries refer to those around physical intimacy. Boundaries around frequency, sexual comments, unwanted sexual touch, expectations around others' involvement in your sex life, and what sexual acts are preferred and off-limits should be discussed. Healthy sexual boundaries include mutual agreement, mutual consent, and an understanding of each other's sexual limits and desires.

## Intellectual boundaries:-

Intellectual boundaries refer to maintaining a different set of ideas and beliefs peacefully. If you avoid talking about certain topics because that could irk your partner, you need better boundaries. Having a healthy conversation without talking down to your partner or treating them like their opinions don't matter is important to feel respected in a relationship.

## Financial boundaries:-

People tend to have different financial habits depending on their risk behavior and spending habits. This can however cause a huge strain in relationships. Discussions about your financial goals upfront can keep finances from becoming a point of contention.

ICC stands in solidarity and support of anyone who has ever faced mental, emotional, or physical abuse in relationships. We request people to share their stories to remove the stigma and address the issue.

## Love

Walking across the cold floor

I shiver

Looking for my glasses

Love puts them on my nose and laughs

Pressing a cup of hot tea in my cold hands

I smile

Love is caring

Love puts his hands over my eyes

I wonder

My eyes open to a rose

It's fresh and dewy

More beautiful than anything else

I kiss

Love is soft

One day, Love gets hurt

I cry

Love is angry

Pushes me on the hard floor

A cup shatters near my feet

I flinch

Love is scary

Love is unforgiving

Love is hard

Tears fall on the rose petal

But Love is soft?

Love cares...

Then this is not love?

Indeed

# Jokars Share Their Stories

## Can't talk about Valentine's Day and not talk about the beauty of Love

Before I entered my present relationship, I was in a very toxic relationship. I was cheated on and that left me with a lot of trust issues and insecurity. This affected my present relationship and even though my partner was extremely understanding and never showed any tendency to betray me, I still doubted them because of what had happened in the past. While I trusted them in all other aspects, I suspected them of infidelity. This suspicion would arise after the smallest of fights and since we are in a long-distance relationship, it was easy to get anxious.

I shared my thoughts with my partner and told them what I understood to be the reason behind such thoughts. They understood and asked about what I was not comfortable with and what made me anxious. After this, they made sure to share everything with me and gave me a safe space to communicate if I was not comfortable with something. We both understood that it will take time to establish that trust. They gave me assurance and care and love whenever I was anxious.

At times it felt like I was asking for too much, especially considering that they were never insecure and I had full freedom to be with my friends at any time without telling them. They helped me understand that every person requires a different form of support. We cannot expect to give others what we need, equal support doesn't translate to similar support.

This helped me heal a lot quicker and I share this story with the hope that this valentine's day, Jokars out there build healthy relationships and find someone who values their heart.



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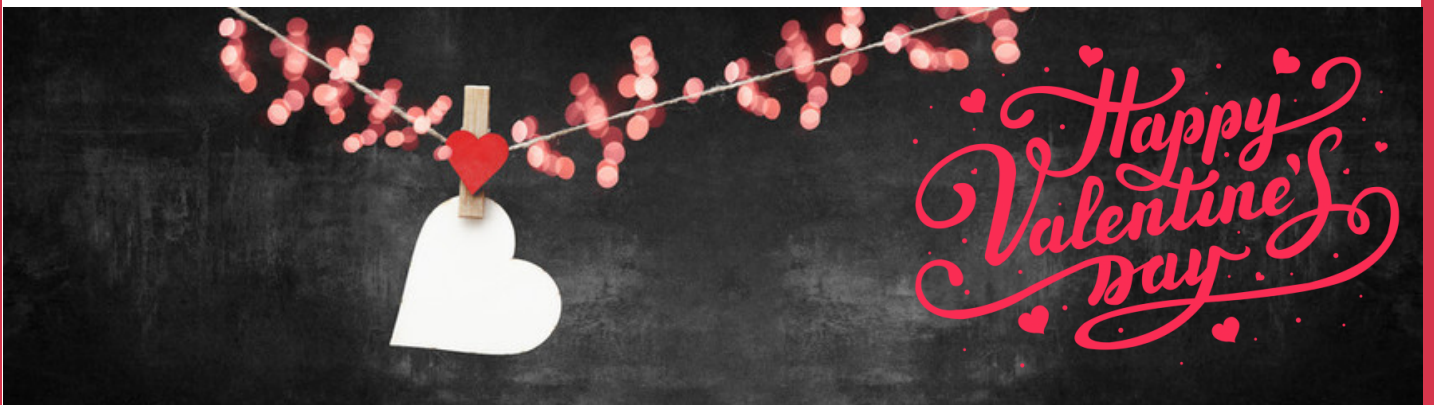


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ICC invites Jokars  
to share their  
stories, write  
articles and work  
together to break  
the stigma.



You can send your  
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