



Elephant in The Room Q & A

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****This document can also be accessed at www.bloom365.org/faqs**

Resources:

For additional resources, please visit bloom365.org/resources

<p>BLOOM365 HelpLine</p>	<p>For free, confidential support: Text/Call: 1-888-606-HOPE (4673) Monday-Friday from 5PM-9PM (MST)</p> <p>To reach a specific advocate directly, please feel free to contact our HelpLine and tell us who you would like to speak to.</p>
<p>Teen Lifeline</p>	<p>Text or call 602-248-TEEN (8336) for free, confidential support 24/7 relating to suicide, depression, bullying, or relationships.</p>
<p>National Teen Dating Violence Hotline</p>	<p>Text "LOVEIS" to 22522 24/7</p>
<p>National Domestic Violence Hotline</p>	<p>1-800-799-SAFE (7233)</p>
<p>National Sexual Assault Hotline</p>	<p>1-800.656.HOPE (4673)</p>
<p>Suicide Prevention Lifeline</p>	<p>1-800-273-TALK (8255)</p>

***Content Warning:** For some, Elephant in the Room Cards are places where they might disclose trauma, violence, or harm. We encourage you to proceed with caution if you have experienced power-based violence or abuse of any kind. If you need support, you can reach out to the Hotlines listed above.

Q: Student

A: BLOOM365 Advocate

Q: Why did my partner not want to improve our relationship or communicate? Why he not break up with me to go sleep with others?

A: We are sorry to hear that you are going through this with your partner. You deserve honesty, kindness and respect in your relationship. If you are not receiving the type of love you would like or deserve, you can think about whether or not this is a relationship you want to be in. It can be useful to look at the [Blooming and Wilting Flowers](#) to help you determine whether this relationship is healthy or unhealthy. If the relationship is exhibiting a lot of the wilting flowers and you are not able to make changes by communicating in a healthy way with our partner using “I statements” or if your partner is not willing to engage in open communication with you, you may want to take some time to consider whether this relationship is one that you want to continue. Processing the unhealthy actions of a partner or determining if a relationship is unhealthy can be a difficult experience to navigate. You are not alone and if you’d like to talk more about this, we encourage you to reach out to our advocates at the HelpLine information above.

Q: Did I play a part in my toxic relationship with my ex? I felt I really tried to myself and our relationship. I wanted it to continue to support our child.

A: Processing the ending of a relationship can be a tough thing to do, especially when the relationship has been toxic and we have put a lot of effort into making the relationship into a blooming one. We are sorry to hear what you have gone through with your ex and child’s father. While ending a close relationship can be tough, it can be a great time for self-evaluation and growth. Tools such as the [Blooming and Wilting Flowers](#) can be supportive in becoming self aware of the blooming and wilting behaviors that we may express. With support, time, and self reflection we can transform any wilting behaviors that we identify with into blooming ones.

Giving yourself time to process feelings and emotions is important. It’s also important to be kind to yourself and to be patient and give yourself time for your heart to heal. Healing is not a linear process and it can take some time to move forward from a toxic relationship. Finding ways to cope can be really helpful. This could look like spending time with the people you love, writing in a journal, joining a support group for young parents, talking about what you’re going through with a trusted person or seeking the support from a licensed counselor. Take some time to find what works for you, and always know BLOOM365 is here to support you if needed!