

BEAUTY & THE BEAST

One of the most popular romantic stories, it really is a tale as old as time. But do we want our love to look like theirs?

by Megan Maas, PhD.

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DOES BELLE HAVE POWER?

We're not talking super powers. Instead, we all have social power in some ways. People who have power can make their own decisions, others respect them, and they rarely act in fear.

2

DOES BEAST HAVE POWER?

Beast is indeed an actual Beast! But besides that, does he have social power? How can you tell?

3

DO BEAST AND BELLE SHARE THEIR POWER?

When romantic partners share power in a relationship it looks like:

Non-threatening communication

Shared decision-making about resources, food, money, children, etc.

Trust and support

Honesty and accountability

4

DOES BEAST USE HIS POWER TO CONTROL BELLE?

Is Belle free to do what she wants?

Does Beast threaten Belle?

Does he act physically violent in her presence?

Does he isolate her from family and friends?

Does Beast minimize Belle's feelings?

Does Beast get angry at or blame Belle when things don't go his way?



This resource is adapted from: Bonomi, A.E., Eaton, A.A., Nemeth, J.M., Gillum, T.A. (2017). The Abuse Litmus Test: A Classroom Tool to Assess Power and Control in On-Screen Relationships. *Family Relations*, 66, 154-165.

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IS BELLE SCARED OF BEAST?

In healthy relationships, partners are never scared of each other. Arguments and disagreements will happen, people might say something they don't mean, but no one is afraid.

Does Belle change any of her behaviors to keep Beast from getting mad?

Does Belle do anything to keep Beast from being embarrassed?

7

DOES BELLE EXPERIENCE HARM BECAUSE OF BEAST?

In a healthy relationship, your life gets better. Partnering with someone is about having new experiences that make you better.

Does she lose contact with loved ones?

Is Belle sad or anxious?

Is Belle disappointed?

Does she lose her identity as a curious reader and explorer?