

Name _____

Healthy vs. Unhealthy Relationships

Multiple Choice Questions

1. What is the cornerstone of a strong healthy relationship?
 - a) Trust
 - b) Control
 - c) Silence
 - d) Ignoring boundaries

2. What is a key characteristic of an unhealthy relationship?
 - a) Open and honest communication
 - b) Equality
 - c) Lack of respect
 - d) Trust and reliability

3. What is the glue that holds a healthy relationship together?
 - a) Control
 - b) Distrust
 - c) Trust
 - d) Conflict

4. Which of the following is a sign of an unhealthy relationship?
 - a) Equal partnership
 - b) Verbal abuse and disrespect
 - c) Open and honest communication
 - d) Mutual support

5. What is a common feature of healthy relationships?
 - a) Lack of trust
 - b) Conflict and yelling
 - c) Respect for boundaries
 - d) Manipulation and control

