

Name _____

Healthy vs. Unhealthy Relationships

Short Answer Key

1. Open and honest communication can strengthen a healthy relationship by ensuring that both individuals understand each other's feelings, needs, and concerns. It promotes trust, reduces misunderstandings, and leads to better problem-solving.
2. A lack of trust can negatively impact a relationship by causing constant suspicion, insecurity, and conflict. It can erode the emotional bond between individuals and make the relationship feel unstable.
3. Equality is essential in a relationship because it ensures that both individuals have an equal say in decisions, feel respected, and are treated fairly. It prevents one person from dominating or controlling the other.
4. Signs of disrespect in a relationship may include insults, belittling comments, ignoring boundaries, and treating one person as inferior to the other.
5. Support is important in both healthy and unhealthy relationships because it influences the emotional well-being and happiness of the individuals involved. In healthy relationships, support is positive and uplifting, while in unhealthy ones, it may involve manipulation or control.

