

Name \_\_\_\_\_

## Healthy vs. Unhealthy Relationships: Navigating the Difference

### Multiple Choice Questions

1. What is a key component of healthy relationships that forms the foundation of trust and emotional safety?
  - a) Lack of respect
  - b) Effective communication
  - c) Poor communication
  - d) Dependency and isolation
  
2. In a healthy relationship, how are power and decision-making typically shared?
  - a) Unequally, with one person dominating the other
  - b) Equally, with both individuals having an equal say
  - c) Through manipulation and threats
  - d) They are not shared at all.
  
3. What is one sign of an unhealthy relationship related to trust?
  - a) Open and honest communication
  - b) Encouragement of independence
  - c) Frequent misunderstandings and conflicts
  - d) Active listening
  
4. In an unhealthy relationship, what may one person do to exert control over the other?
  - a) Encourage independence and support
  - b) Actively listen and communicate openly
  - c) Resort to shouting or verbal abuse
  - d) Manipulation, threats, or intimidation
  
5. What should you prioritize if you recognize signs of an unhealthy relationship?
  - a) Seeking support from trusted adults or professionals
  - b) Ignoring the signs and continuing the relationship
  - c) Isolating yourself from friends and family
  - d) Accepting the imbalance of power

