

Name _____

Healthy vs. Unhealthy Relationships: Navigating the Difference

Short Answer

1. Explain the importance of trust in healthy relationships and how it differs from trust issues in unhealthy relationships.
2. Provide an example of effective communication in a healthy relationship and its impact.
3. Describe the characteristics of a relationship with an imbalance of power, as seen in unhealthy relationships.
4. What steps should someone take if they recognize signs of an unhealthy relationship in their life?
5. How does mutual respect contribute to emotional safety in a healthy relationship?

