

Name _____

Healthy vs. Unhealthy Relationships: Navigating the Difference

Open-Ended Response Questions

1. Share a personal experience where you recognized the difference between a healthy and an unhealthy relationship. Describe the signs you observed and how you responded to each situation.
2. Imagine you have a friend who is in an unhealthy relationship but is hesitant to seek help. How would you approach the situation, and what advice or support would you offer to your friend?
3. Discuss the long-term consequences of staying in an unhealthy relationship. How can recognizing the signs and taking action lead to personal growth and a happier life?
4. Reflect on a time when you successfully navigated a challenging relationship situation by prioritizing your well-being. Describe the steps you took to build and maintain healthy connections with others.

