

Name \_\_\_\_\_

## Healthy vs. Unhealthy Relationships: Navigating the Difference

### Short Answer Key

1. Trust in healthy relationships is based on honesty, reliability, and a belief in each other's intentions. It fosters emotional safety and a strong connection. In unhealthy relationships, trust issues arise from deception, lies, or betrayal, eroding the foundation of trust and making it challenging to maintain a connection.
2. (Example) Effective communication in a healthy relationship includes actively listening to each other's concerns and expressing thoughts and feelings openly. For instance, when one person expresses feeling hurt by something the other said, the other listens attentively, apologizes, and discusses ways to prevent it from happening again. This leads to resolution and strengthens the relationship.
3. An unhealthy relationship with an imbalance of power often involves one person dominating or controlling the other. Characteristics may include manipulation, threats, intimidation, and a lack of equality in decision-making. The person in a position of power may make unilateral decisions, disregarding the other's feelings and boundaries.
4. If someone recognizes signs of an unhealthy relationship, they should prioritize their well-being and consider seeking support from trusted adults or professionals. They should also communicate their concerns with the other person if it's safe to do so and consider setting boundaries or, if necessary, distance themselves from the unhealthy relationship.
5. Mutual respect in a healthy relationship contributes to emotional safety by creating an atmosphere of trust and understanding. When both individuals respect each other's boundaries, feelings, and opinions, it fosters a sense of security and acceptance. Emotional safety allows for open communication, leading to the resolution of conflicts and a stronger bond.

