

Name _____

Healthy vs. Unhealthy Relationships: Navigating the Difference

Open-Ended Response Answer Key

1. (Possible response) In my experience, I had a friendship where one person constantly belittled and disregarded my feelings. This made me feel disrespected and anxious. Recognizing it as an unhealthy relationship, I decided to have an open conversation with my friend about how their behavior was affecting me. When they continued to be disrespectful, I chose to distance myself and seek support from a trusted adult.
2. (Possible response) I would approach my friend with empathy and express my concern for their well-being. I would encourage them to talk openly about their feelings and experiences, offering a non-judgmental listening ear. I would provide information about available resources and support, such as counseling or talking to a trusted adult. Ultimately, I would respect their decisions but continue to be there for them.
3. (Possible response) Staying in an unhealthy relationship can lead to ongoing emotional distress, damage to self-esteem, and a sense of being trapped. Recognizing the signs and taking action can lead to personal growth by demonstrating the importance of setting boundaries and prioritizing one's well-being. It can result in the development of healthier relationships in the future, ultimately leading to a happier and more fulfilling life.
4. (Possible response) In a challenging friendship, I prioritized my well-being by openly discussing my concerns with my friend and setting boundaries to protect myself from emotional harm. I also sought support from a counselor who provided guidance on healthy communication and self-care. As a result, I was able to maintain the friendship on healthier terms and learned valuable skills for building and maintaining positive connections with others.

