

Name \_\_\_\_\_

## Clean and Confident: How Personal Hygiene Impacts Relationships

### Short Answer Key

1. Possible Answer: Poor personal hygiene can lower an individual's self-esteem because it can lead to feelings of embarrassment and self-consciousness. It may make the person feel less confident and less comfortable in social situations.
2. Possible Answer: Personal hygiene can influence professional relationships by affecting how colleagues and superiors perceive an individual. If someone has poor personal hygiene, it may create a negative impression, which can lead to challenges in teamwork, promotions, or working closely with others.
3. Possible Answer: Personal hygiene is more critical in romantic relationships because physical attraction and closeness are important components of romantic connections. Poor personal hygiene can be a significant turn-off for a partner, leading to relationship problems.
4. Possible Answer: Friends and family members may react to someone with poor personal hygiene by expressing concern or discomfort. They may distance themselves from the individual or even have open conversations about the issue, hoping to encourage better hygiene habits.
5. Possible Answer: Taking action and addressing personal hygiene issues with empathy is important because it shows understanding and support rather than judgment. Empathy helps the individual feel less embarrassed and more motivated to improve their hygiene. It can lead to positive changes without damaging relationships.

