

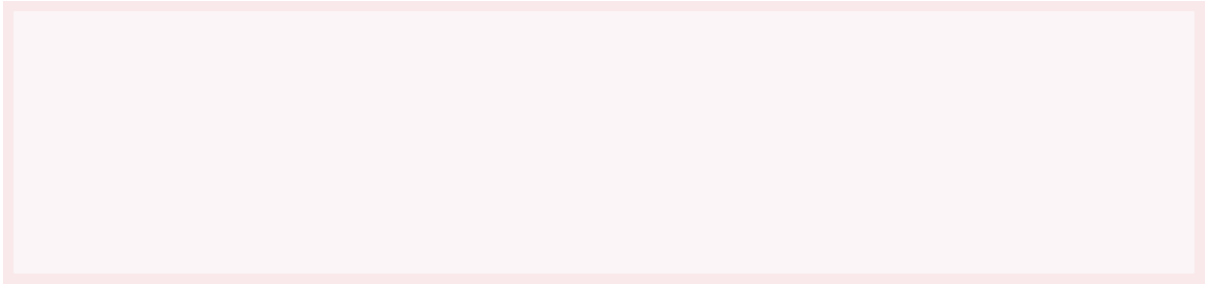
Healthy vs Unhealthy Relationships Workbook



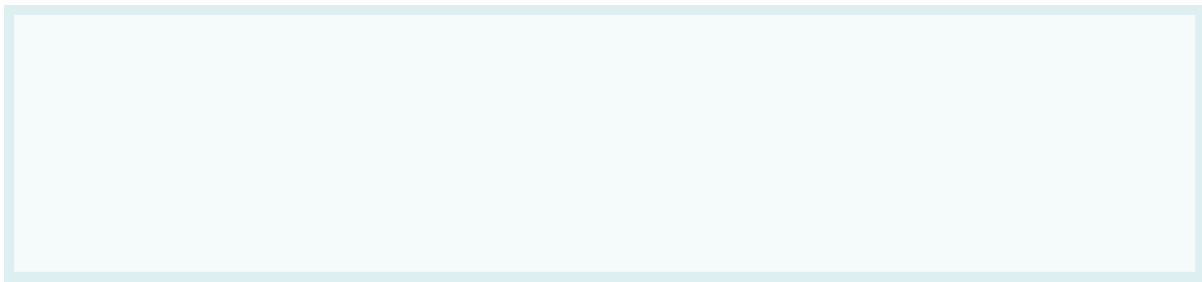
WHAT IS A RELATIONSHIP?

1

What does a relationship mean to you?

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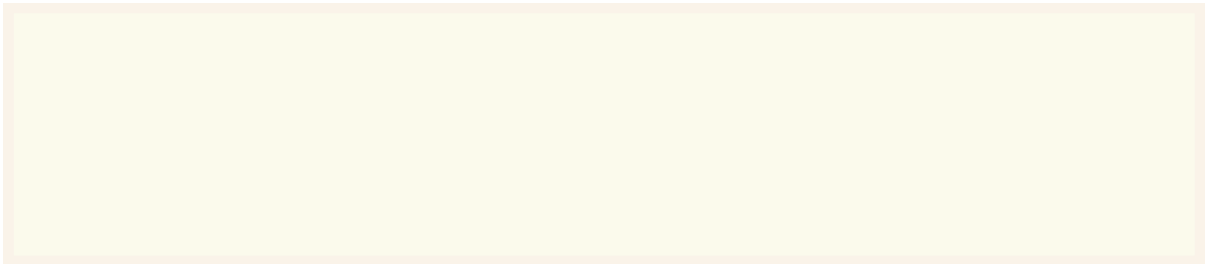
What type of relationships exist in your life?

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2

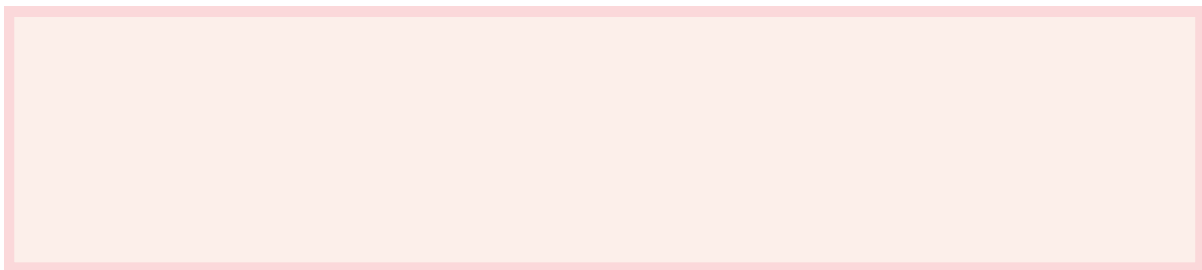
Are all relationships the same?

3

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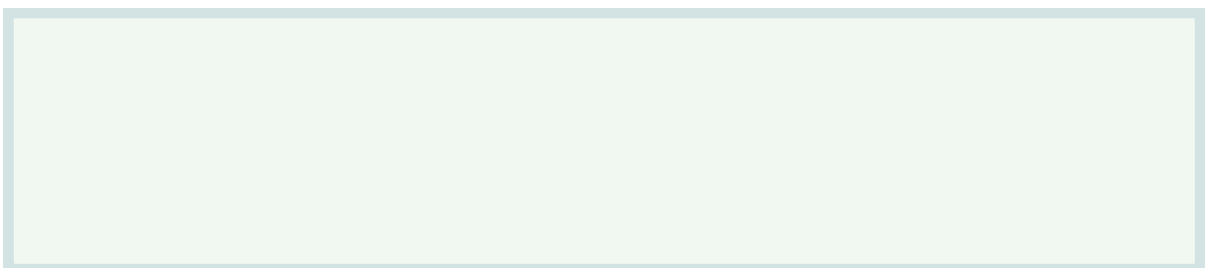
What do you get out of your relationships?

4

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Do all relationships last forever?

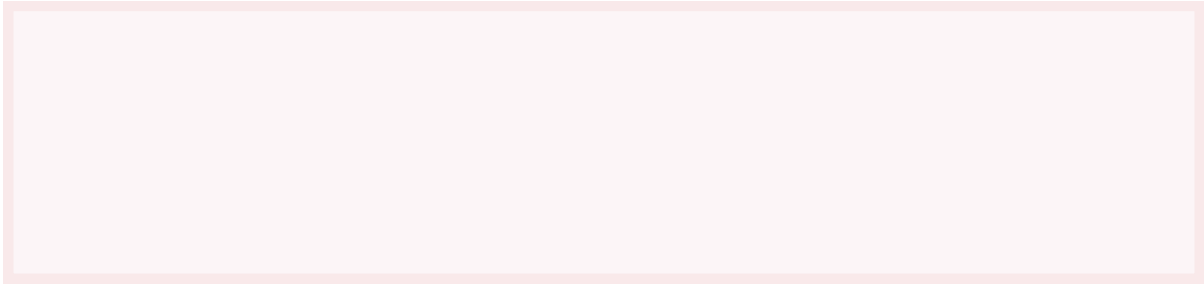
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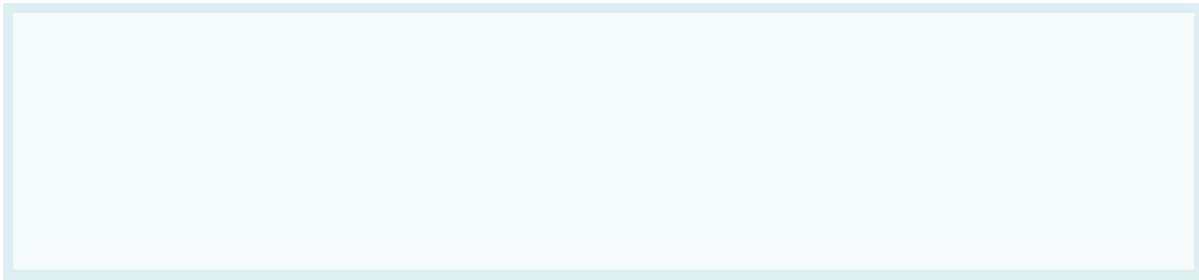
MY RELATIONSHIPS

1

How have your relationships contributed to your happiness?



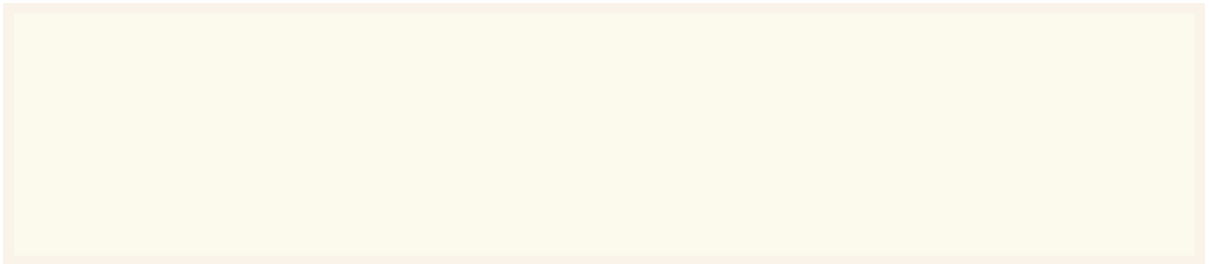
When has your relationship helped you in a stressful time?



2

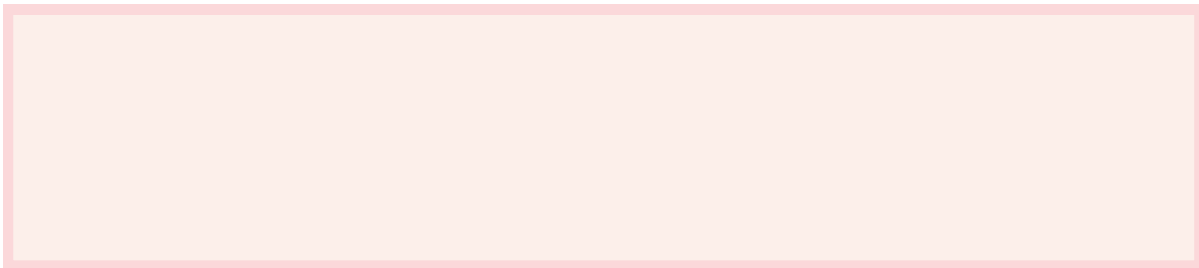
What have you learned about yourself in any of your relationships?

3



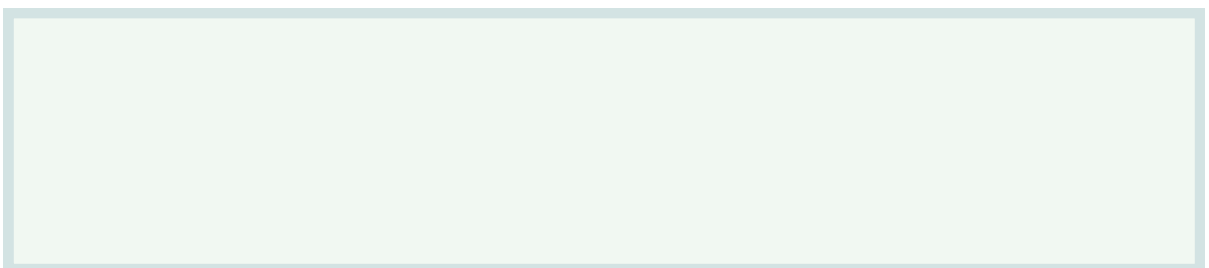
In what ways have your relationships contributed to your resilience?

4



Have you ever experienced a relationship that had a negative impact on you?

5



WHY WE NEED HEALTHY RELATIONSHIPS

A relationship is defined as a close bond between two people and the nature of their connection. These ties can be positive or negative, and they can range from intimate to platonic, covering both romantic and friendship-based interactions. In essence, there are four primary types of relationships: familial, friendships, acquaintances, and romantic connections. Relationships are vital to our lives; cultivating numerous healthy relationships can significantly boost your mental well-being.

Good relationships help people live longer.

Strong relationships enhance your ability to manage stress more effectively.

Good relationships increase your sense of worth and belonging.

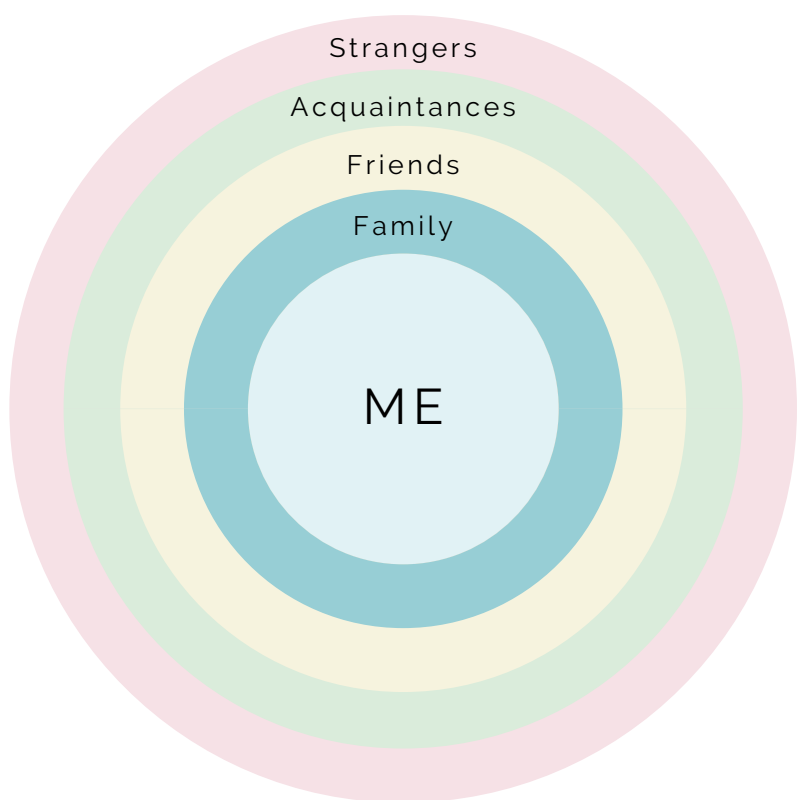
Good relationships help you develop healthier habits.

Relationships are a cornerstone of happiness and living a full life.

Good relationships build resilience.

TYPES OF RELATIONSHIPS

The relationship circle activity is a fun way to categorize the individuals in your life into distinct groups, including family, friends, acquaintances, and strangers. This exercise helps you organize your social connections, set personal boundaries, and determine where to focus your time and energy.



ME

Regardless of the circumstances, you are the most significant individual in your own life. You establish boundaries with those around you, determining what makes you feel safe and the level of affection you are comfortable accepting.

FAMILY

The family is often referred to as the "big hug family," as they tend to shower you with affection from those who know you best. Your family may consist of: Mom, Dad, siblings, grandparents, aunts, uncles, cousins, and more.

ACQUAINTANCES

You may see these people every day. However, they are not your friends. You might know their name. However, you would not let them hug or kiss you. These people might include: coaches, teachers, neighbors, etc.

STRANGERS

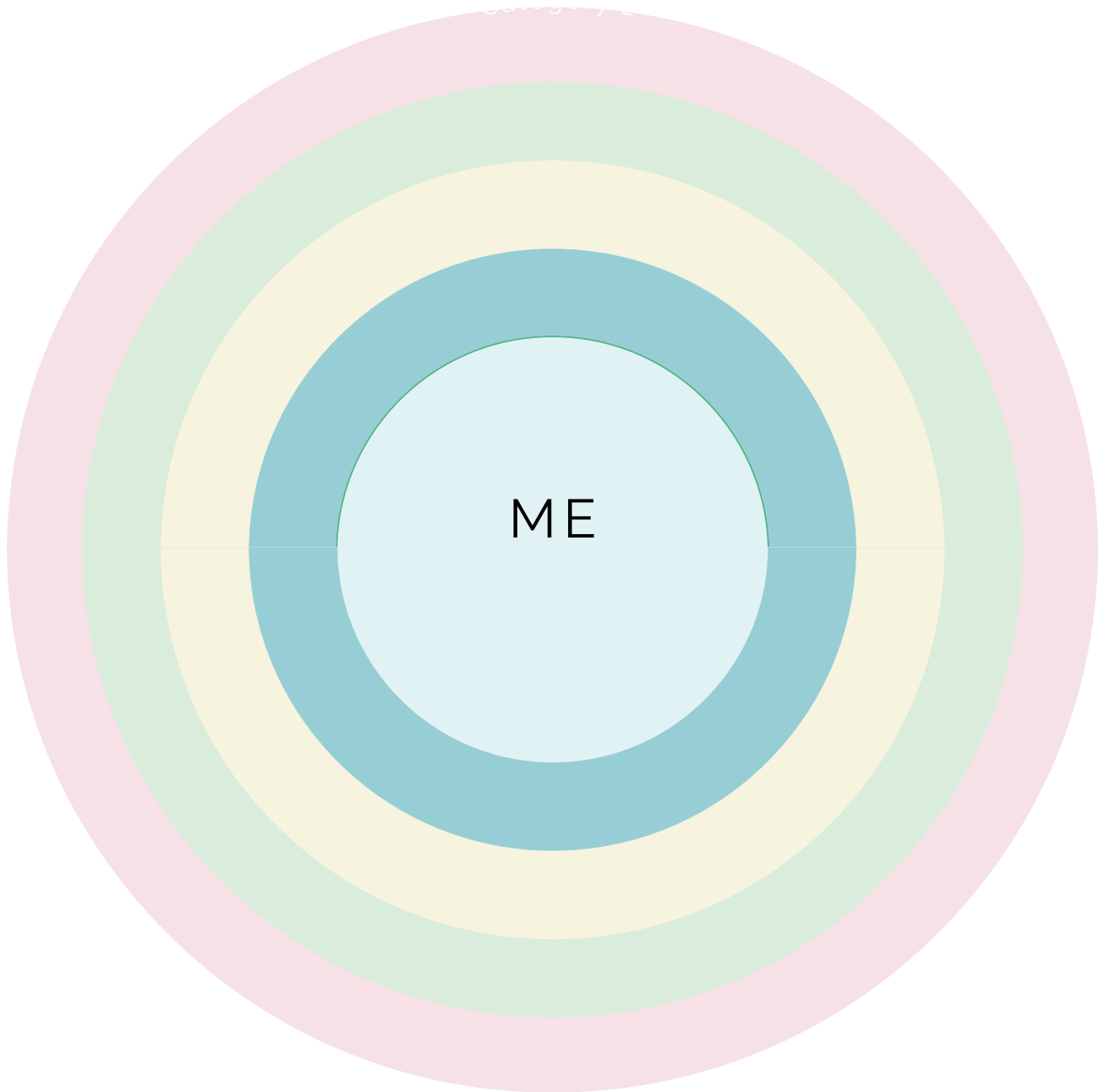
You may have seen these people once or twice but do not know them. You do not let strangers touch you or get into your personal space. These people might include: the bus driver, the supermarket lady, the postman, etc.

FRIENDS

Friends are people you know well, and you feel safe and secure. So you might let them hug you, give you a high five, or kiss you.

TYPES OF RELATIONSHIPS

In the circles provided, list all the individuals in your life and position them in the appropriate circle. This activity can assist you in maintaining or rebuilding connections with key people and identifying the traits of those from whom you seek support.



HEALTHY VS UNHEALTHY RELATIONSHIPS

Characteristics of a healthy relationship include communication, trust, respect, honesty, and compromise. Check any that apply to your relationship.

HEALTHY

- ☐ We respect each other's boundaries.
- ☐ We trust each other completely.
- ☐ We communicate openly and honestly.
- ☐ We support each other's goals and dreams.
- ☐ We share responsibilities equally.
- ☐ We resolve conflicts calmly and respectfully.
- ☐ We show empathy and understanding towards each other.
- ☐ We value each other's opinions and feelings.
- ☐ We share similar values and beliefs.
- ☐ We express love and affection regularly.
- ☐ We maintain our individuality and independence.
- ☐ We enjoy spending time together and having fun.
- ☐ We encourage each other's personal growth and self-improvement.

UNHEALTHY

- ☐ We ignore each other's boundaries.
- ☐ We struggle to trust each other.
- ☐ We avoid honest communication.
- ☐ We undermine each other's goals and dreams.
- ☐ We don't share responsibilities equally.
- ☐ We resolve conflicts through yelling or aggression.
- ☐ We show little empathy or understanding.
- ☐ We have conflicting values and beliefs.
- ☐ We rarely express love or affection.
- ☐ We try to control each other's actions and decisions.
- ☐ We discourage each other's personal growth and self-improvement.
- ☐ We spend little quality time together.
- ☐ We don't allow each other room for personal growth or self-improvement.

HEALTHY VS UNHEALTHY BEHAVIORS IN A RELATIONSHIP

HEALTHY

Listen

Share

Support

Respect

Trust

Encourage

Value

UNHEALTHY

Ignore

Manipulate

Blame

Criticize

Control

Discourage

Neglect

EXAMPLES OF HEALTHY VS UNHEALTHY RELATIONSHIPS

Here are some examples of healthy and unhealthy relationships. Check the box if the statement is healthy, or mark the box with an x, if the statement is unhealthy.

☐ Open Communication: We talk openly about our thoughts and feelings.

☐ Constant Conflict: We have frequent arguments, tension, and unresolved conflicts.

☐ Dishonesty: There's a lack of honesty and transparency between us.

☐ Mutual Respect: We value and respect each other's opinions and boundaries.

☐ Manipulation: My friend uses manipulation tactics to control or influence me.

☐ Conflict Resolution: Disagreements are resolved through calm and constructive discussions.

☐ Trust: We have a strong sense of trust and reliability between us.

☐ Disrespect: There's a pattern of disrespecting each other's opinions, feelings, or boundaries.

☐ Support: We support each other's goals and aspirations.

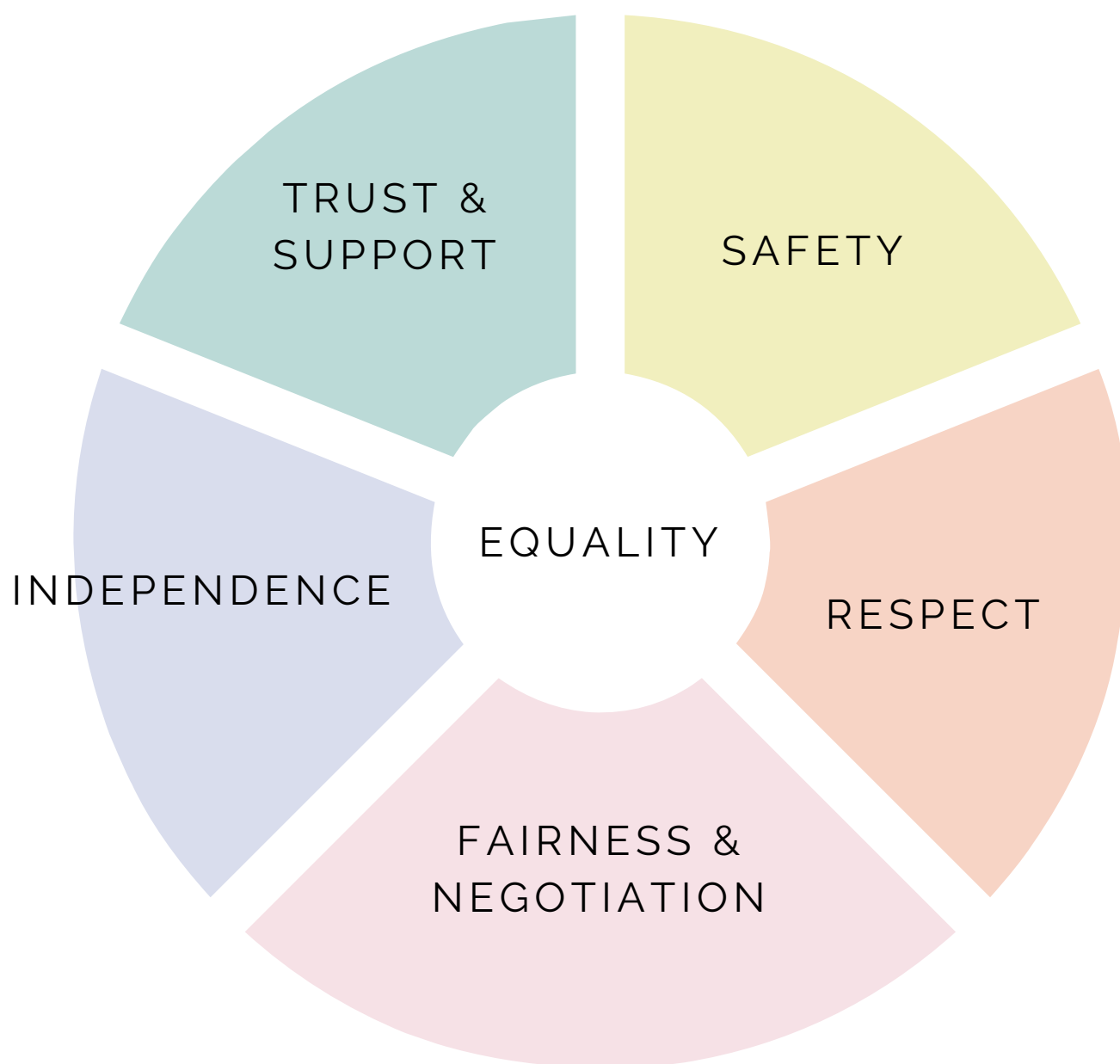
☐ Quality Time: We spend meaningful time together, enjoying each other's company.

☐ Jealousy: Unhealthy jealousy and possessiveness are prevalent in the relationship.

☐ Isolation: My friend attempts to isolate me from friends, family, or support networks.

QUALITIES OF A HEALTHY RELATIONSHIP

The Equality Wheel illustrates the key qualities of thriving relationships. Healthy relationships are crucial for our overall well-being, indicating that we are valued, supported, and respected individuals. Life presents numerous opportunities for joy, and healthy relationships enable us to share that joy with others. It's important to recognize that a healthy relationship should bring more joy, happiness, and personal growth than sadness, fear, or stress. No relationship should involve power or control over another person; everyone should be treated with equality. Below, you'll find the healthy relationship wheel, outlining the six most significant aspects of a healthy relationship. Remember, healthy relationships are found in all aspects of our lives, not just romantic ones.



QUALITIES OF A HEALTHY RELATIONSHIP

Think of a relationship you have and how you want to develop healthy qualities within it. Give some examples of healthy qualities you want to work on in each category.

RESPECT

FAIRNESS & NEGOTIATION

INDEPENDENCE

TRUST & SUPPORT

SAFETY

EQUALITY

5 PILLARS OF A HEALTHY RELATIONSHIP

1 HONESTY

You are always truthful with each other. When you are honest with someone, it shows them they can trust what you do and say. It helps them know they can believe your promises and commitments.

ACCOUNTABILITY

The person you are in the relationship with does what they say they will do. Accountability is being entirely responsible for what we do and say in a relationship.

2

TRANSPARENCY

3

The person you are in the relationship with is forthcoming with honesty. Transparency will help you feel at ease, open and vulnerable. It will also allow you to share your feelings, opinions, and thoughts.

ETHICAL ACTIONS

4

The person you are in the relationship with acts in line with your morals and values. Your ethics are principles that help guide your life and will help decide how you treat others.

PROOF OF ALLIANCE

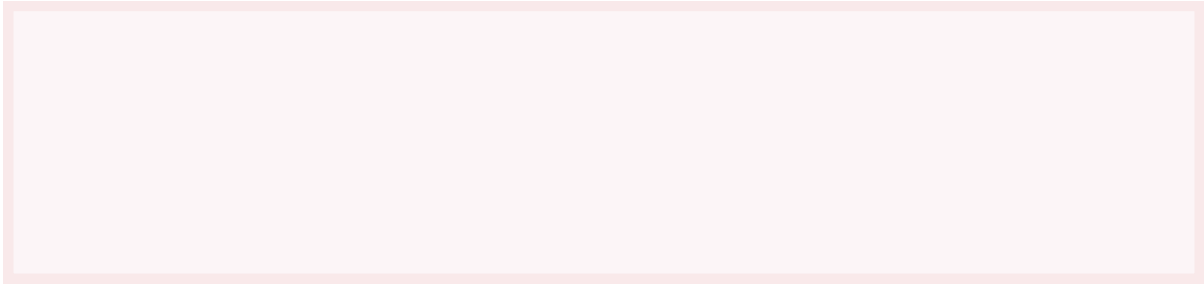
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The person you are in the relationship with shows they are on the same team as you. The healthiest relationships are where both parties involved act as a team, respecting each other's boundaries and helping meet each other's needs.

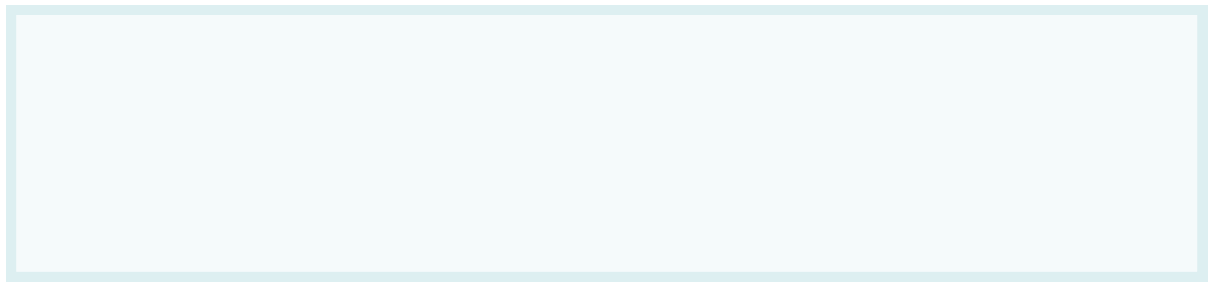
5 PILLARS OF A HEALTHY RELATIONSHIP

Think about a relationship you would like to work on. How can you apply these pillars in this relationship?

1 HONESTY

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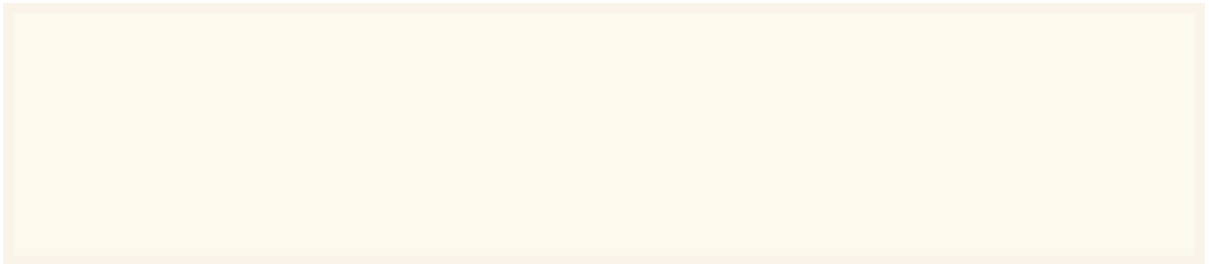
ACCOUNTABILITY

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2

TRANSPARENCY

3

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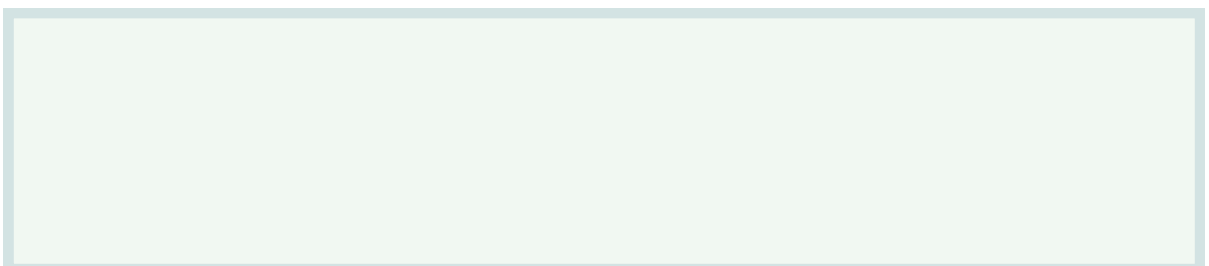
ETHICAL ACTIONS

4

A large, empty light orange rectangular box with a thin light orange border, intended for writing about the pillar of Ethical Actions.

PROOF OF ALLIANCE

5

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THE IMPORTANCE OF TRUST IN RELATIONSHIPS

What does trust mean to me in the context of a relationship?

How important is trust in maintaining a healthy relationship, and why?

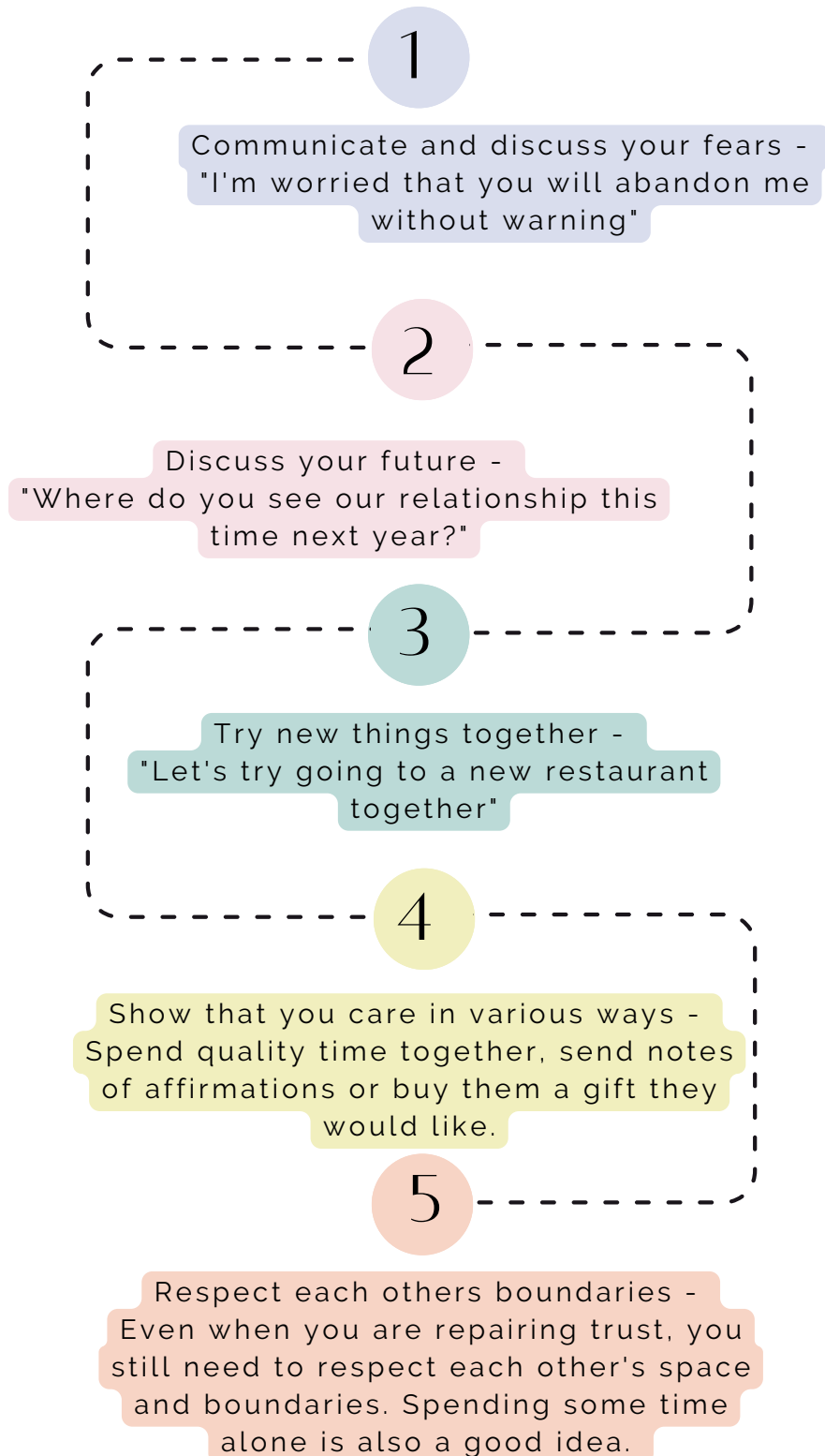
In what ways does trust enhance my relationships and contribute to their stability?

How do I recognize when trust is present or lacking in my relationships?

What behaviors or actions help build trust in my relationships?

REPARING TRUST IN A RELATIONSHIP

Let's talk about exercises that can be helpful when trying to repair trust in relationships.



REPARING TRUST IN A RELATIONSHIP

Try completing this task with the person you are trying to repair your trust with.

1

What are our fears?

2

Where do we see our future?

3

What new things can we try?

4

How can we show we care?

5

What are our boundaries?

SAFETY IN RELATIONSHIPS

An unsafe relationship is characterized by one person using physical, emotional, or sexual abuse to exert power and maintain control over the other. It is not simply a disagreement from time to time; rather, it represents a persistent pattern of abusive and violent behavior.

What does relationship safety mean to you?

Have you ever been in an unsafe relationship? Please explain what happened.

How do you create a safe relationship?

THINGS THAT HAPPEN IN UNSAFE RELATIONSHIPS

Belittles you: Implies that you couldn't manage without their support.

Isolates you: Keeps you away from friends and family, saying they are bad influences.

Controls your activities: Monitors where you go and who you see, demanding constant updates.

Threatens you: Uses threats of harm or punishment to keep you compliant.

Forces intimacy: You feel threatened or intimidated.

Gaslights you: Makes you question your memory or perceptions, saying you're imagining things.

BOUNDARIES IN RELATIONSHIPS

Personal boundaries are important because....

- **Self-Respect:** Setting boundaries is a powerful way to show self-respect, reflecting that you appreciate your own needs and worth.
- **Healthy Relationships:** Well-defined boundaries nurture strong and loving relationships, guarding against dependency, manipulation, and passive-aggressive behaviors.
- **Stress Reduction:** Establishing and maintaining clear boundaries can significantly reduce stress by avoiding overcommitment and preserving your energy.
- **Self-Care:** Boundaries play a vital role in self-care, allowing you to focus on your well-being without feeling guilty.

How people violate boundaries....

- **Physical Intrusion:** Invading someone's personal space or initiating unwanted physical contact.
- **Emotional Manipulation:** Making someone feel guilty, dismissing their emotions, or sharing personal matters without their consent.
- **Time Overcommitment:** Assuming someone will be available without prior agreement or ignoring previously set schedules.
- **Intellectual Overreach:** Disregarding another person's opinions or imposing your beliefs on them.
- **Material Exploitation:** Utilizing or borrowing someone's possessions or money without proper permission or consideration.

BOUNDARIES IN RELATIONSHIPS

Boundaries are personal limits and guidelines that individuals establish to protect their well-being and define how others can interact with them. These limits help individuals maintain their physical, emotional, and mental health by clearly outlining acceptable behaviors, ensuring mutual respect, and preventing exploitation or manipulation. Boundaries can pertain to personal space, emotional needs, time, and other aspects of life, serving as a foundation for healthy relationships and effective communication.

Maintaining healthy boundaries is a crucial personal skill that enables you to flourish and clearly express your needs. Setting limits is important to prevent others from exploiting or manipulating you. For instance, someone with strong personal boundaries will confidently say 'no' to requests that make them uncomfortable without feeling compelled to apologize.

Types of Boundaries

Physical Boundaries:

Limits concerning personal space and physical touch, ensuring one's body is respected and protected.

Sexual Boundaries:

Guidelines related to sexual activity, determining what is comfortable, acceptable, and consensual.

Material Boundaries: Rules about the ownership, lending, and borrowing of personal possessions and financial resources.

Time Boundaries: Limits on how one allocates their time, balancing personal, professional, and social commitments.

Verbal Boundaries:

Standards for respectful communication, defining acceptable language and tone in interactions.

Emotional Boundaries:

Protections for one's feelings and emotional well-being, ensuring others' emotions do not overwhelm or manipulate one's own.

RESPECT IN RELATIONSHIPS

Respect in a relationship signifies equality; neither partner is superior or more important than the other. Both individuals have the freedom to live their lives as they choose, including sharing certain parts of their lives with their partner. Respect can be seen in the way you communicate, treat each other, and consider each other's emotions and needs.

How would you define respect in a relationship?

Why is respect important in relationships?

How can your partner/friend show they respect you?

Write about a time you felt disrespected in a relationship.

RESPECT IN RELATIONSHIPS

What does respect look like in a relationship? Below are some examples of what respect looks, sounds and feels like in relationships. Add some words to describe what respect looks, sounds and feels like to you in your relationships.

Looks like..

- Listening actively
- Valuing opinions
- Honoring boundaries
- Supporting goals

Sounds like..

"I understand your point of view."
"Thank you for sharing your feelings."
"Your opinion matters to me."
"I appreciate you."

Feels like..

- Feeling heard
- Feeling valued
- Feeling safe
- Feeling appreciated

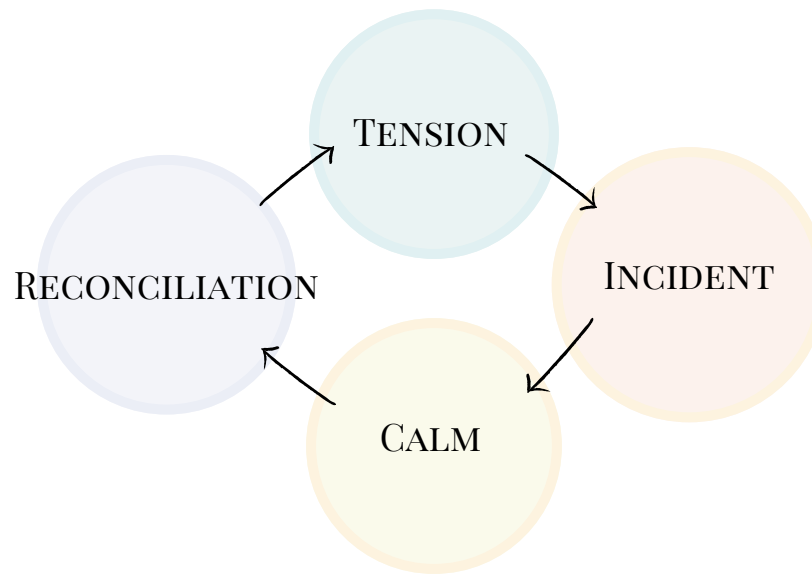
RESPECT IN A RELATIONSHIP CHECKLIST

Respect in a relationship can have different meanings for both people involved. So take the time to sit down and write what respect means to both of you and how you can show it to each other.

[illegible]

ABUSE IN RELATIONSHIPS

THE CYCLE OF ABUSE



TENSION

During the tension stage, external stressors like financial or work problems increase the abuser's anger and sense of losing control. The abused partner often tries to ease the tension, feeling anxious and "walking on eggshells" to avoid triggering their partner. Signs of tension-building behavior include abrupt anger, annoyance, impatience, and aggression.

INCIDENT

Eventually, the built-up tension has to be released by the abuser to help them feel as though they have power and control again. They will then begin to engage in abusive behaviors such as: hurling insults, breaking or removing possessions, threatening to hurt/injure, controlling how their partner acts, committing physical acts of violence against their partner.

CALM

During the calm stage, the abuser offers excuses for their actions, blaming outside factors like work stress. They may deny or downplay the abuse, sometimes implying it was the partner's fault. Often, the abuser shows remorse, promises not to repeat the abuse, and acts more loving and attentive.

RECONCILIATION

This period occurs when some time has passed after the incident and the tension begins to decrease. Oftentimes, the person who committed the abuse will try to make things right by offering gifts and being overly kind and loving. The reconciliation period is often referred to as a "honeymoon stage" because it mimics the beginning of a relationship when people are on their best behavior.

EMOTIONAL ABUSE IN RELATIONSHIPS

Emotional abuse can sometimes be harder to spot.
Below are some common examples.

Constantly rejecting your thoughts, ideas and
opinions

Purposely and repeatedly saying or doing things that are
intended to hurt you.

Dismissing your thoughts, values and feelings.

Stopping you from using the phone or transport

Harming your pets.

Expressing extreme jealousy

Controlling you with anger or by not speaking to
you.

MY SUPPORT SYSTEM

A strong support network is crucial for mental well-being. These are the people you turn to for advice, support, and encouragement. After a breakup, it's a great time to connect with those who make you happy. List the people you enjoy spending time with, such as family, friends, neighbors, mentors, therapists, or teachers.

Name:

Why I chose this person:

Name:

Why I chose this person:

Name:

Why I chose this person:

Name:

Why I chose this person:

Reflection – What can I do to improve my support system?

THE BREAKUP ICEBERG

WHAT YOU SEE

Crying or tears

Excessive talking about the breakup

Withdrawal from social activities

Changes in appearance (e.g., not grooming)

Lack of focus or concentration

Changes in eating habits

Visible sadness or depression

Irritability or mood swings

Self-doubt or loss of self-esteem

Intense loneliness

Emotional numbness

Fear of future relationships

Feelings of worthlessness

Overwhelming anxiety

Nightmares or disturbed sleep

Internalized anger or resentment

WHAT YOU DON'T SEE



STAGES OF A BREAKUP

The stages of a breakup are similar to the stages of grief. Here's what you can expect to go through:

Ambivalence: "Was breaking up the right thing to do?"

Denial and shock: "This cannot be happening!"

Anger and resentment: "How dare they do this to me?"

Bargaining and negotiation: "Things will be different this time."

Depression and sadness: "No one will ever love me."

Acceptance and healing: "The relationship ran its course and it's over now. I'll be OK."

Growth and moving on: "I've moved on. I'm happy for them, wherever they are."

STAGES OF A BREAKUP

Now write down your thoughts and feelings you are dealing with or have dealt with during a breakup.

Ambivalence:

Denial and shock:

Anger and resentment:

Bargaining and negotiation:

Depression and sadness:

Acceptance and healing:

Growth and moving on:

EXPLORING OUR RELATIONSHIP

What are we good at in our relationship?

What can we improve on?

What we like about our relationship.

Challenges we have overcome.

Our goals for the future.

Our biggest accomplishments.

PROBLEM RESOLUTION

Define the problem in detail. who, what, where, when, how and why?

What do you want to change?

What solution did you use and how was it effective?

How was your solution not effective?

How could you handle the problem better next time?

CONFLICT RESOLUTION

Define the problem in detail. who, what, where, when, how and why?

What do you want to change?

What solution did you use and how was it effective?

How was your solution not effective?

How could you handle the problem better next time?

CONFLICT RESOLUTION

REST is a common conflict resolution tool that will help resolve issues within relationships by breaking the problem down into four simple steps.

REST

R

REVIEW: Identify and state what the problem is.

E

EVALUATE: Evaluate options to help solve the problem.

S

SOLVE: Choose one of the options and put it into action.

T

TRACK PROGRESS: Set a time between 2 to 3 weeks to review your progress.

STOP APOLOGIZING START THANKING

STOP

"I'm sorry I missed your call."



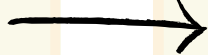
"Thank you for reaching out. I'll get back to you as soon as I can."

"I'm sorry I can't make it to the meeting."



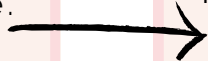
"Thank you for understanding my situation."

"I'm sorry if I was unclear."



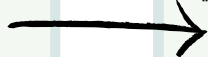
"Thank you for letting me clarify that."

"I'm sorry for taking up your time."



"Thank you for listening and giving me your time."

"I'm sorry for bothering you."



"Thank you for taking the time to help me."

"I'm sorry for being so emotional."



"Thank you for being there and supporting me."