



## **Answer sheet Can You Identify What a Healthy Relationship Looks Like?**

1. True - There is no such thing as a perfect relationship; however, relationships are a necessary part of healthy living but only if the scale tips to the side of a healthy relationship. Otherwise, who needs it!
2. True – Relationships are most likely a combination of both healthy and unhealthy characteristics. This is why relationships need to be maintained. They take work if they are to be kept healthy.
3. True - Healthy relationships are, in fact, a matter of compromise between two people for the good of the relationship. Allowing your partner to influence you is important and this can be especially difficult for some men.
4. False - Most relationships have some conflict, even healthy ones. The difference between healthy and unhealthy relationships is in how the conflict is handled. It's important that you resolve the conflict fairly. Learning skills that will help you fight fairly will greatly maintain healthier relationships.
5. False - Two good friends becoming better friends best describes a healthy relationship. Relationships that display these are characteristics are considered to be the strongest and most successful.
6. True - Nothing strengthens a relationship like sacrifice. Unfortunately, most of us are more accustomed to demanding sacrifice from our partner than to sacrificing for them ourselves. However, no relationship can grow without it.
7. True – Being comfortable with showing vulnerability enables us to open up even more. It allows us to discover more about who we are and know that there is someone to catch us when we need help. When we cannot be vulnerable with our partners, we are met with fear. We build a defensive wall to protect ourselves from being robbed of our identity, being violated, or feeling controlled.
8. True - Honesty must be at the core of a healthy relationship. It cannot be built on the foundation of dishonesty of any kind or else we are deceiving those we love and rationalizing our behavior by believing that keeping secrets is really okay. So, be honest, but tactful. Think before you speak and say things nicely. It will help you be a better person and create a really good relationship.
9. True – Being able to say to your partner that you believe in them and have no doubts about his or her honesty, integrity, and credibility is the epitome of what trust means. No healthy relationship can survive without trust.
10. True –Losing your individual identity by giving up your social life, your interests, time with friends, your opinions, and your beliefs for the sake of your significant other can be harmful to your relationship. This is all part of what made you attractive in the first place. Losing part of yourself may one day cause you to realize that you gave up too much to make someone else happy. Feelings of bitterness or resentment are sure to follow.....