***Healthy/Unhealthy Relationships instructions…***

***Open up these questions on your computer. Next open up the power-point on Healthy/Unhealthy relationships. As you go through the powerpoint answer the questions that go with each section. When you are finished save your answers and place them in Mr.Sharpe’s hand-in folder*.**

**Section #1**

**Relationship Scenario’s –**

Read 7 different scenario’s and for each scenario there will be 4 options – you will make a decision about each scenario and write down the number on a piece of paper (Scenerio 1- option 2). This is an OPINION question – there is no right/wrong answer. After you have selected your choice write down **why** you’ve chosen that option.

Scenario 1-

Scenario 2-

Scenario 3-

Scenario 4-

Scenario 5-

Scenario 6-

Scenario 7-

Section 2- Evaluating A Relationship **(if you are not in a romantic relationship choose a relationship you have with a friend to answer the questions.)**

|  |  |
| --- | --- |
| 1. Do you feel that the other person in this relationship does not understand you? | YES / NO |
| 2. Are you able to speak freely to him or her about things that bother you? | YES / NO |
| 3. Do you take a genuine interest in each other’s lives? | YES / NO |
| 4. Do both of you pursue individual interests? | YES / NO |
| 5. Is this relationship the only important relationship in your life? | YES / NO |
| 6. Do you believe that you are a worthwhile person outside of this relationship? | YES / NO |
| 7. Do you expect this person to meet all of your emotional or physical needs? | YES / NO |
| 8. Is your relationship often threatened by others? | YES / NO |
| 9. Can you be yourself in this relationship? | YES / NO |
| 10. Are you uncomfortable sharing your feelings with this person? | YES / NO |
| 11. Do you both work to improve the relationship? | YES / NO |
| 12. Do you feel good about yourself? | YES / NO |
| 13. Do you feel you have become a better person because of this relationship? | YES / NO |
| 14. Can you both accept changes in roles and feelings within the relationship? | YES / NO |

After completion of scoring the evaluation, answer the following questions.

The strengths of this relationship are:

The weaknesses of this relationship are:

I am most proud of the way we have:

We could improve our relationship by:

**Section 3-Healthy Relationships/Unhealthy Relationships/Abusive Relationships**

* List 5 characteristics of Healthy Relationships and write a sentence or two explaining.
* List 5 characteristics of Unhealthy Relationships and write a sentence or two explaining.
* List 5 characteristics of Abusive Relationships and write a sentence or two explaining.

