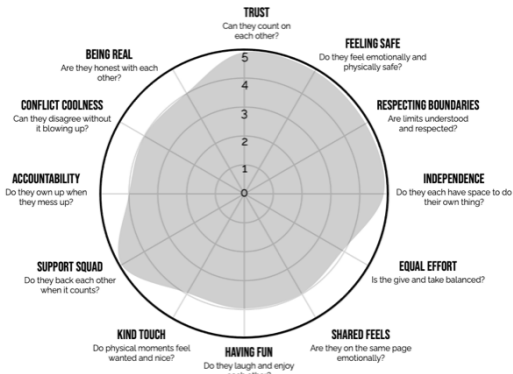
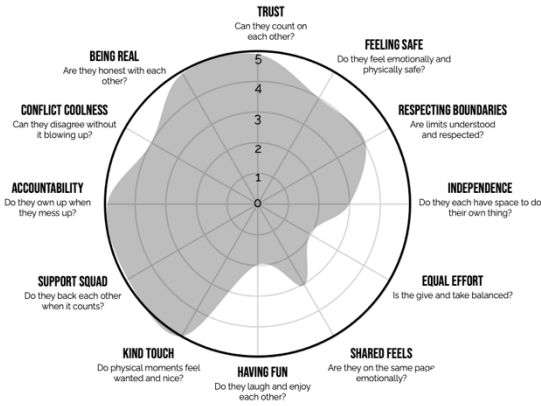


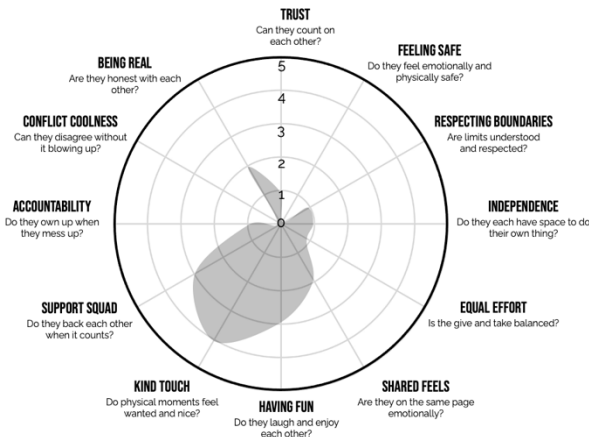
EXAMPLE OF HEALTHY RELATIONSHIP



EXAMPLE OF UNHEALTHY RELATIONSHIP



EXAMPLE OF ABUSIVE RELATIONSHIP



RELATIONSHIP REFLECTION WEB

1. Think of fictional characters that are in a relationship (movie, book, tv show etc)
2. Rank them from a score of 0 – 5 on the categories listed
3. Connect each score to make a shape on your web

What does your web say about this relationship?

Which areas seem strong? Which areas might need some work?

Are there areas that are lacking? What could those areas mean for the people in the relationship?

If this were a real relationship, what advice would you give to the people involved?

Do you think they should stay together? Why or why not?

What would need to change (or stay the same) for this to be a healthier relationship?

How might each person feel in this relationship day to day?

NOTES

RELATIONSHIP REFLECTION WEB

TRUST

Can they count on each other?

FEELING SAFE

Do they feel emotionally and physically safe?

RESPECTING BOUNDARIES

Are limits understood and respected?

INDEPENDENCE

Do they each have space to do their own thing? Are they maintaining friendships outside of the relationship?

EQUAL EFFORT

Is the give and take balanced?

SHARED FEELS

Are they on the same page emotionally?

HAVING FUN

Do they laugh and enjoy each other?

KIND TOUCH

Do physical moments feel wanted and nice?

SUPPORT SQUAD

Do they back each other when it counts?

ACCOUNTABILITY

Do they own up when they mess up?

CONFLICT COOLNESS

Can they disagree without it blowing up?

BEING REAL

Are they honest with each other?

