

This is “Peer Counseling Pause” with Reova Meredith

Healthy Relationships

Relationships are important to our physical, emotional, and spiritual well-being.

People who have grown up in families with unhealthy lifestyles and relationships tend to replicate that unhealthiness in their adult lives.

**In healthy relationships both participants are able to:
function independently, but choose to be in relationship.
Deal with problems as they arise**

**In unhealthy relationships one or both participants:
Control the direction of the relationship, making all the decisions
Manipulate to get their own way.**

If changing the relationship is too difficult, perhaps getting out of the situation is the best answer.