

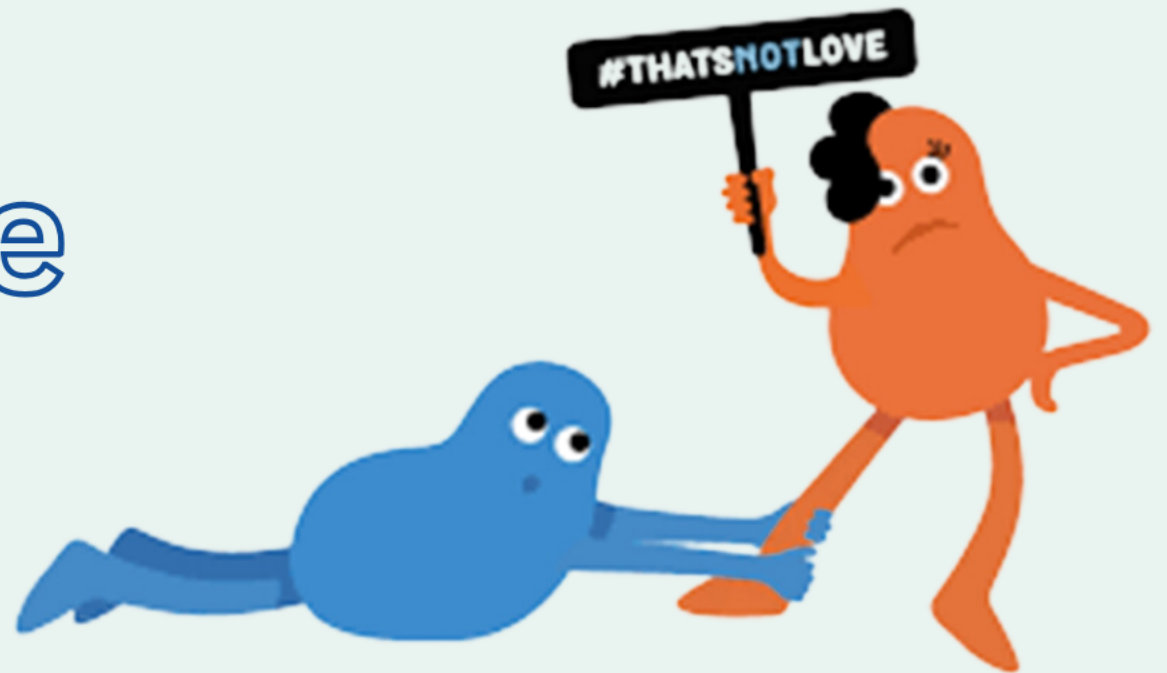
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The Couplets

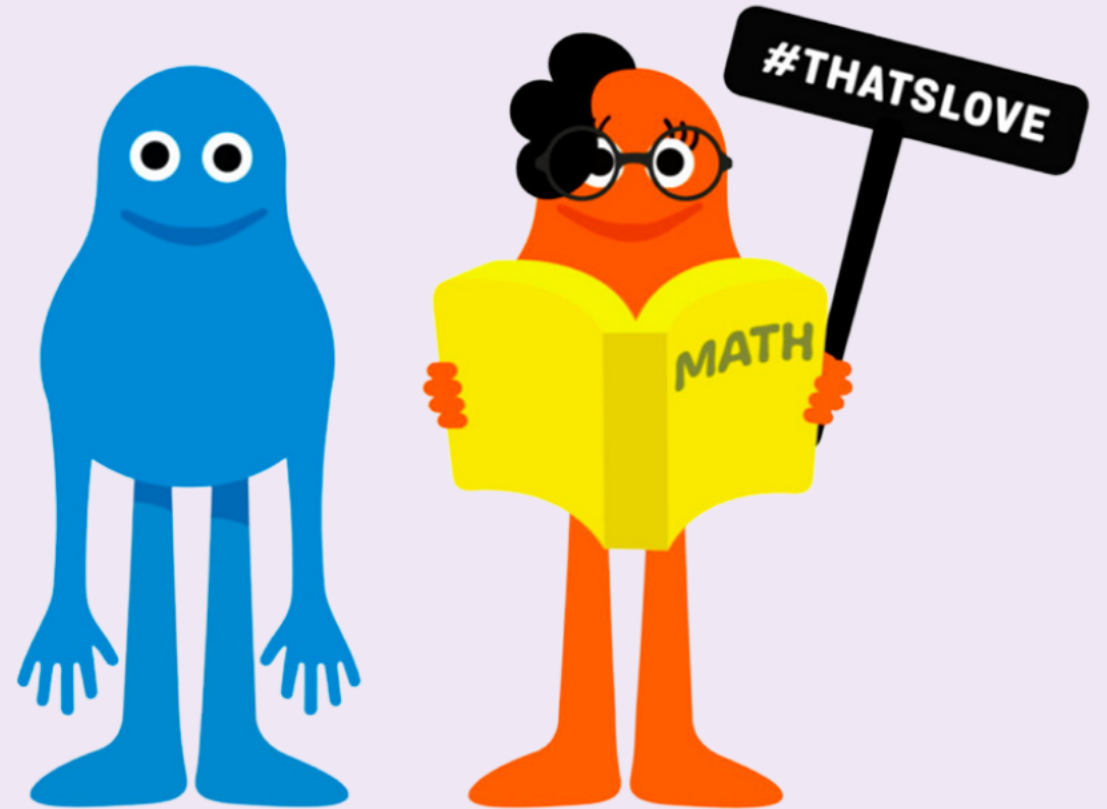
Healthy vs
Unhealthy love



The couplets will guide us through the differences between healthy and unhealthy love in relationships.

Relationships can be any relationship, including:

- Friendships
- Intimate relationships
- Family members
- Teammates
- Classmates



Couplets:
Intensity



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Intensity

Discussion:

What is the difference between intensity and independence?



Couplets:
Belittling



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Belittling or put-downs

Discussion:

What are put-downs?

Why can they be harmful?

Couplets:
Volatility



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Volatility or anger

Discussion:

What are healthy ways to express anger?

When does anger become harmful?



Couplets:
Betrayal



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Betrayal or disrespect

Discussion:

Do you think it's ever okay to share private photos?



Couplets: Guilt

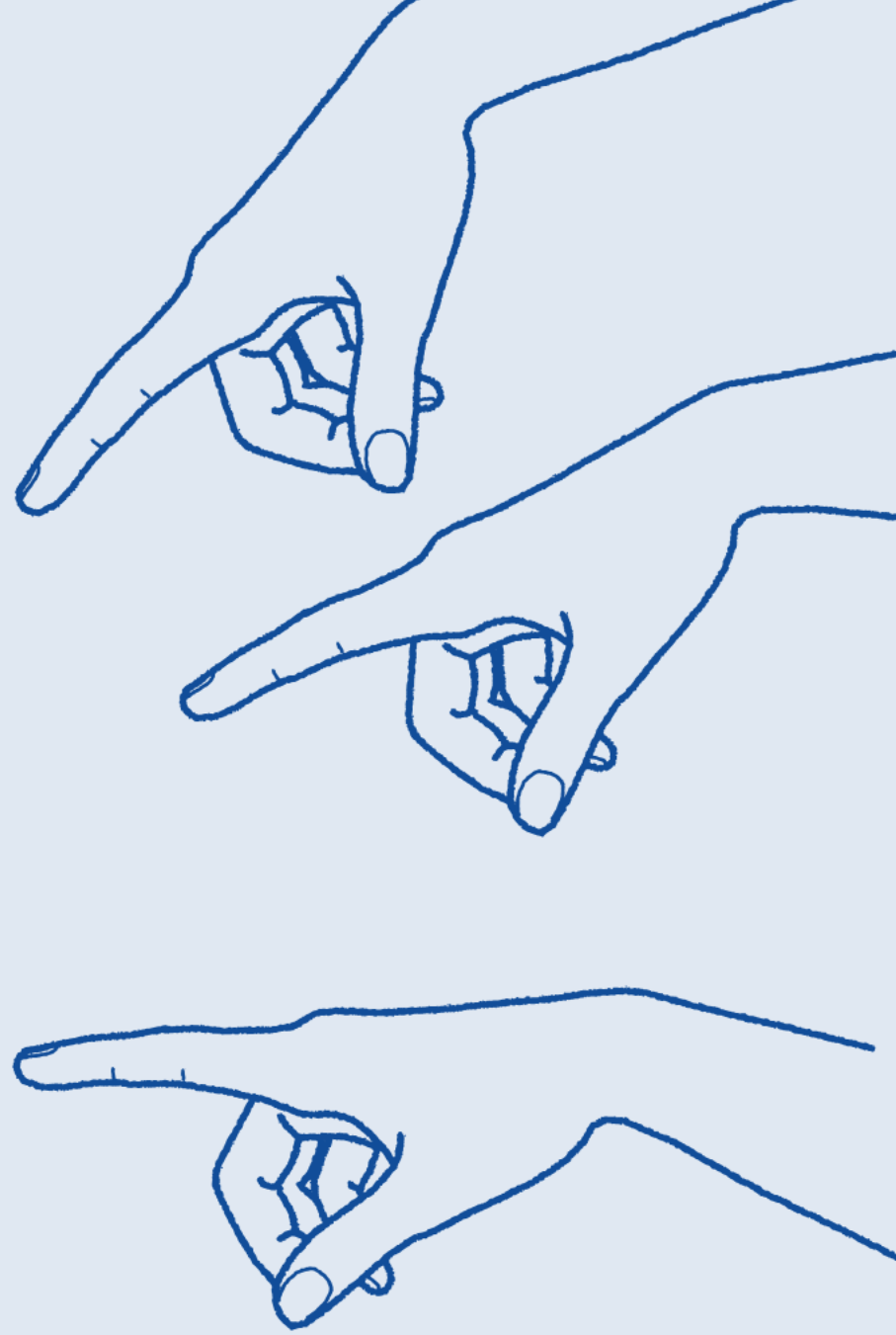


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Guilting

Discussion:

What does it mean to guilt someone?



Couplets:
Possessiveness



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Possessiveness and control

Discussion:

What do you think possessive means?



Couplets: Manipulation



Obsession & manipulation

Discussion:

Have you ever felt like a friend or partner wants to spend all their time with you?



Couplets:
Isolation



one love

Isolation

Discussion:

Why is isolation unhealthy?



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