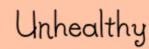
RELATIONSHIPS

Healthy



















Stress is inevitable, as we all experience it. Healthy relationships experience stress, and individuals in these relationships can effectively work through periods of stress.



When relationships are not healthy, added stress can only contribute negatively. For more details, visit http://www.thehotline.org/

When stress affects healthy relationships, individuals can work through these periods by supporting each other, communicating, listening, respecting, and comforting each other.



Individuals in unhealthy relationships do not handle stress in the most appropriate ways.
Physical, emotional, and sexual abuse can result if added stress is not handled appropriately.