

RELATIONSHIPS

Healthy

Unhealthy



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



When relationships are not healthy, added stress can only contribute negatively.

For more details, visit <http://www.thehotline.org/>

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.

