

Relationships: Paint Them Healthy

Script Preview

Healthy relationships have a good balance of how much time is spent together and apart. This is called having healthy boundaries. It is important in healthy relationships for each person to have time for family, friends, and other interests, so that they are not totally dependent on each other. What do I mean by being dependent? *(Always having to be with that person, can't make decisions without them)* People in healthy relationships don't rely on their partner to make them happy.

So when they are okay with you having other plans, that is healthy. If they do get angry or really jealous, that is an unhealthy sign. Sometimes, you don't have a lot of choice over your schedule with school, family obligations, and team practices, etc. When those kinds of things make them angry or they start demanding you change plans for them, like quitting a team or spending less time with your friends, that is them exerting power over you.