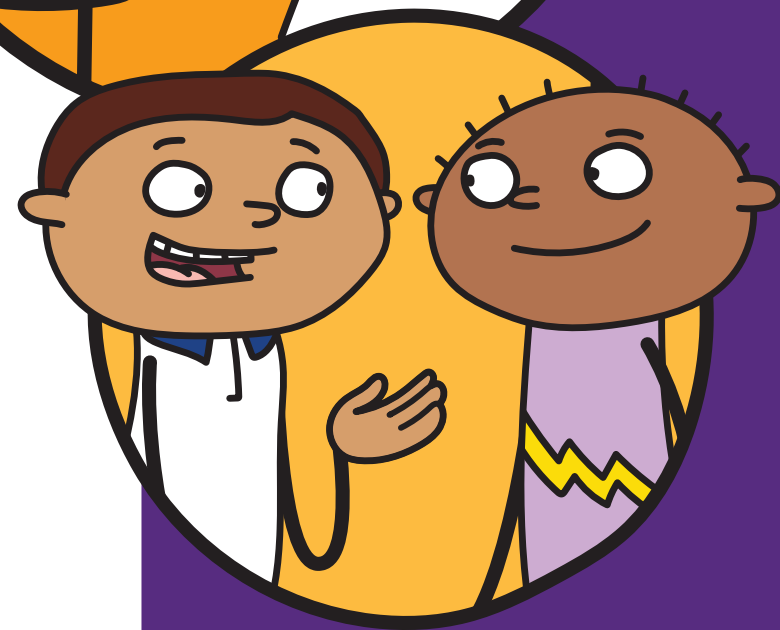
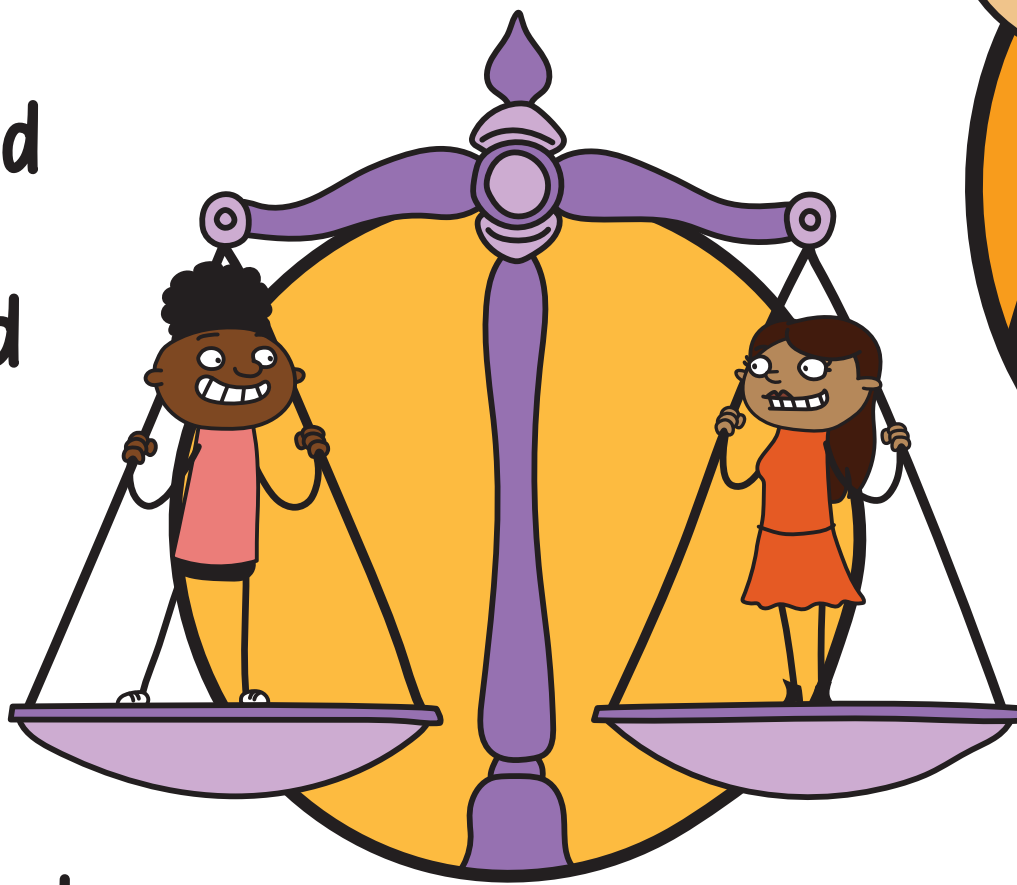


# What I Wish I Knew: HEALTHY RELATIONSHIPS

## RELATIONSHIP CHECKUP

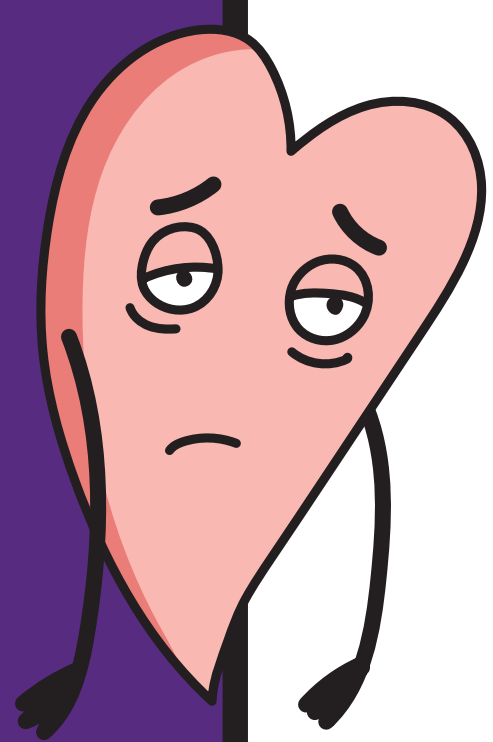
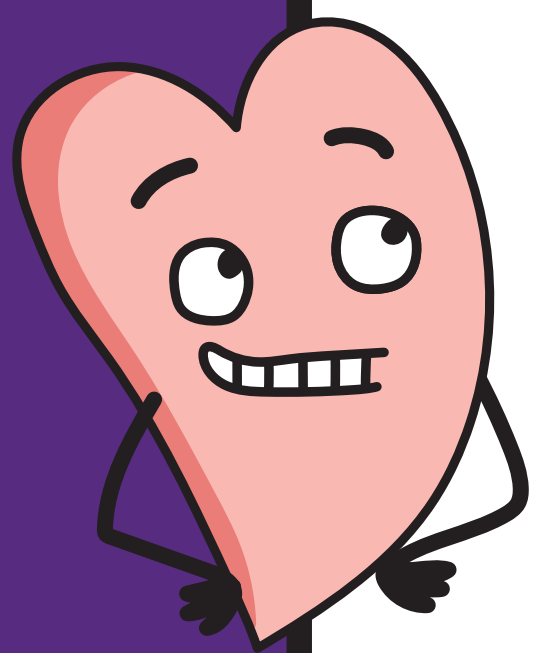
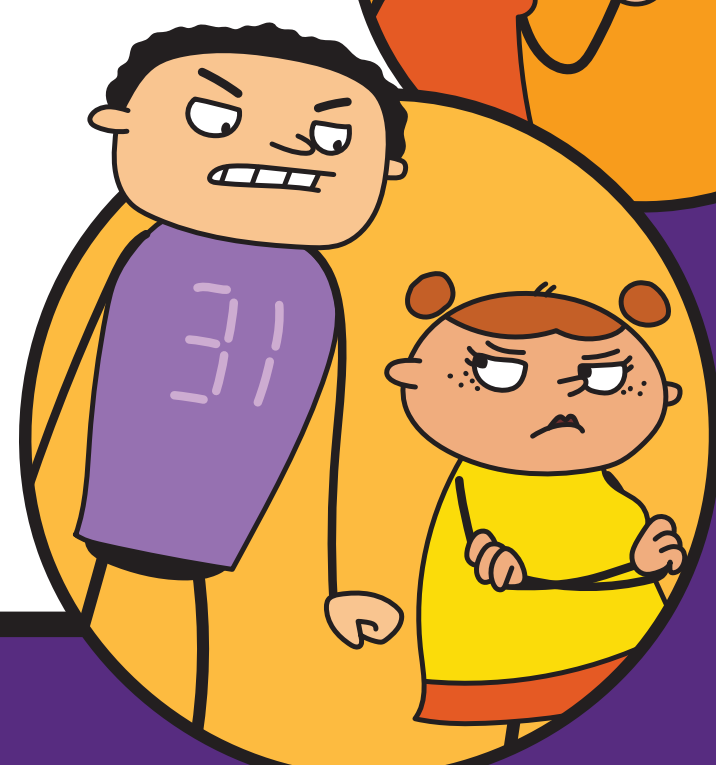
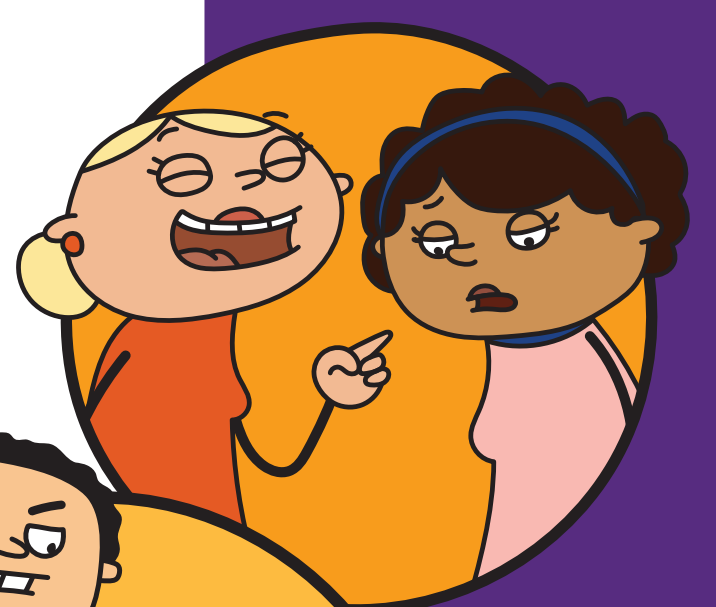
Relationships make us strong and healthy when each person is...

- heard
- respected
- supported
- trusted
- safe
- understood



Relationships make us sick when someone is...

- silenced
- disrespected
- manipulated
- controlled
- intimidated
- judged
- bullied



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