Maslow’s Heirarchy of Needs

- **Physiological needs:**
  - food, water, warmth, rest

- **Safety needs:**
  - security, safety

- **Belongingness and love needs:**
  - intimate relationships, friends

- **Esteem needs:**
  - prestige and feeling of accomplishment

- **Self-actualization:**
  - achieving one’s full potential, including creative activities
Healthy vs Toxic Relationship Questionnaire

Relationships, which include friendships, play an important role in everyone’s life and they come in all different shapes and sizes. They also can serve different purposes in your life.

This exercise is to help you reflect on:

- your strengths and
- areas in which you would like to grow
- how these relationships can help or hinder you in being who you desire to be

**Directions:** Read and respond to each statement.

Think about one of your friends…

1. Am I able to be myself with this person?
2. Do I feel comfortable and accepted around this person?
3. Does this person share the same values as me?
4. Is this relationship one-sided (one person giving and the other person receiving)?
5. Does this person criticize or judge me?
6. Does this person help me feel good about myself?
7. Does this person have the same level of commitment to the relationship as I do?
8. Does this person share my level of integrity?
9. Do I feel safe when I am with this person?
10. Are they happy for me when I succeed and there for me when I am discouraged?
11. Does this person help you achieve or accomplish your goals?

After completing this inventory, do you think this friendship qualifies as a healthy relationship?

FLC HS Lesson 1: Healthy Relationships and Dating
Defining Toxic Relationships
(e.g., friends, dating, family)

Directions: Match the toxic relationship (e.g., friends, dating, family) with the definition. Write the letter on the blank space next to the matching definition.

<table>
<thead>
<tr>
<th>a. The Gossiper</th>
<th>f. The Controller</th>
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<tbody>
<tr>
<td>b. The User</td>
<td>g. The Competitor</td>
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<td>c. The Judger</td>
<td>h. The Manipulator</td>
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<td>d. The Taker</td>
<td>i. The Self-Centered</td>
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<td>e. The Betrayer</td>
<td>j. The Promise Breaker</td>
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_____ This person is a friend based on what YOU can do for them.

_____ This person tells others what you told them in confidence.

_____ This person is very bossy and likes to control everything.

_____ This person is excessively critical of you and others.

_____ This person rarely follows through and is not dependable.

_____ This person likes to spread rumors and share private information.

_____ This person is egocentric and only cares about themselves.

_____ This person likes to “one up” others and likes to compete all the time.

_____ This person is needy, may get jealous and often expects you to fulfill their every need.

_____ This person knows how to convince you to do things you normally would not do.