

Healthy & Unhealthy Relationship Quotes Answer Key -

Green Bolded = Healthy Key Phrases -



*“To **one of the best** travel buddies a guy could ask for...thank you for **always helping** me plan our amazing adventures and being **by my side** to enjoy them!”*

Healthy - Gratitude is shown in this quote by thanking the other person for always helping them to plan adventures and being by their side. This shows partnership and teamwork to plan activities together and a gratitude for being able to travel together.



*“Working in a place where I feel **supported and uplifted** by my coworkers **makes me want to go to work** each morning.”*

Healthy - The use of supported and uplifted shows a positive relationship with coworkers, which contributes to this person’s happiness at work and desire to show up each day.



*“Every day that we are together **we grow stronger** because **we work hard for what we have,** every day is a gift.”*

Healthy - The repeated use of “we” is key in this quote. This shows a level of respect for the relationship and partner as a whole, and appreciation and understanding of what they have as a team.



*“Mom, everything I am, you **helped me** to become. Thank you for being a **role model.**”*

Healthy - This quote shows an appreciation for what their mother has done to support them, but does not show an overly codependent relationship or a distant one.

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*“Thank you for everything that you **have done for and with me** in the last five years. I can't wait to see what life has in store for us in the future and what adventures we will take along the way. I love you.”*

Healthy - With is huge in this quote. The person is not just thanking their partner for what they did for them, but also what they have done and achieved together. A sense of hope for the future of their relationship is also expressed positively.



*“Thank you to my friends and family for **supporting me** with every new thing and experience my life throws at me.”*

Healthy - Support is key in this quote as well as the fact that multiple people are referenced as helping contribute to this person's life. It is not just one person being thanked but rather a team of people who support this person in their life.



*“I can never thank you enough for **always being there when I have had a bad day** and need someone who will just listen.”*

Healthy - This quote shows a healthy level of gratitude but does not go so far as to express a dependence on the person. Having someone who is available to talk and listen during both the good and bad times can be very important and healthy.

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Red Bolded = Unhealthy Key Phrases -



“I can’t imagine a day without her *anymore. I’ve* **never been so happy** *and I’m so glad - it’s* **because of her. She is my prize** *at the end of each day.”*

Unhealthy - A huge issue with this quote is the “she is my prize” piece. No one can be anyone’s prize, you are your own person who does not belong to anyone nor exist to be someone’s reward at the end of the day.



“Don’t you ever dare put me second, when I put you first.”

Unhealthy - This whole quote is cringe-worthy. “Don’t you ever dare” is a huge red flag due to its threatening tone. It is also unrealistic. You cannot always put one single person above all else in your life. You can value someone while still valuing and supporting yourself first at times.



“Because you are **my everything** *and you literally* **complete me** **♥***”*

Unhealthy - No single person can or should be anyone’s everything. Focusing all your love and attention on one single person leaves you in a vulnerable position if the other person’s feelings change, they begin to engage in risky behavior, etc. It is important to find things that make you feel whole and fulfilled on your own rather than feeling like you need another person to be complete.

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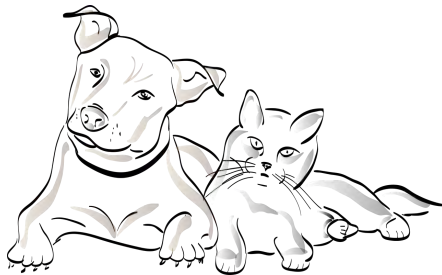
*"You are the best thing that's ever **been mine** <3"*

Unhealthy - Similar to other quotes, no one belongs to anyone or can be anyone else's, each person is an individual. You are your own person who can be someone's partner in a relationship but cannot belong to them.



*"My love of my life...When he is the **one person you want to spend all of your time with**"*

Unhealthy - Having someone whom you love to spend time with is great but it is very important to make sure you spend time with other people, doing what makes you happy. Having only one person to spend all your time with could create a very codependent relationship that could be hard to break free from when feelings or situations change.



*"One of the **greatest gifts** I ever received was my first love. You are **my first, and I'll want no other after you...ever!**"*

Unhealthy - Again much like the prize quote, you are not a gift to someone else. Assuming that a first love will last is an okay assumption, but assuming that should it not work out, you will not want anyone else...ever, is an unhealthy assumption. This could lead to obsessive behaviors over that person, or could cause you to ignore unhealthy signs in the relationship, just to make it work when it shouldn't.

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*“To my children: You are **why I wake up** each day. You are **my reason to live**. You are **my everything**. If I couldn’t see you and talk to you every single day **I wouldn’t want to live anymore.**”*

Unhealthy - Being someone’s reason to live puts an excessive amount of pressure and responsibility on a person. It can make someone feel like they need to stay in a relationship that is not a good fit for them in order to protect the other person or out of a strong sense of duty to that person. It can also make someone feel like they cannot make their own life choices such as moving, going away to college, changing jobs, etc. without considering strongly how the other person would handle it.



*“I’m not perfect. I’ll **annoy you, say stupid things, and then take it all back**. But put that all aside, and **you’ll never find a person who care or loves you more than me.**”*

Unhealthy - Everyone says things they regret and wish they could take back. Making a habit of saying whatever you want and thinking you can just take it back and start fresh is not healthy. This could cause unnecessary harm to another person’s wellbeing, and some things are too hurtful to be undone or overlooked. Saying that they will never find a person who cares or loves more has a touch of threatening language. If you do not feel good about being around a person because of the way they treat you, then they probably are not showing you more love or care than anyone else in the world.