

# TOXIC RELATIONSHIPS

## ACTIVITY SHEET



What makes a relationship toxic? What type of behaviour is typical of the toxic person? What type of things happen as a result of their behaviour? What is the impact on the other person?

First, tick a box to show the type of relationship you're going to focus on.

☐ **Parent and child**

☐ **Friends**

☐ **Brother and sister**

☐ **Partners**

Think about the typical toxic behaviours we talked about earlier. Which are most likely to feature in the type of relationship you're focusing on? List them here.

What type of things are likely to happen as a result of the toxic person behaving this way? For example, might there be physical fights? Long periods of no communication?

How is the other (non-toxic) person likely to feel?

If this relationship was positive and healthy rather than toxic, how would the two people involved be behaving?

What advice would you give to the non-toxic person in this relationship? Where could they get help?