

What Does a Positive Relationship Feel like Versus a Negative Relationship?

We have lots of different relationships in our lives. Some relationships are positive and some can be negative. We have relationships with our parents/carers, friends, brothers, sisters, grandparents and wider family.

How do you know whether a relationship is positive or negative?

Can you think about what it feels like when a relationship is positive?

- What emotions do you feel?
- What does your body feel like?
- What might you think?

Can you then think about what it might be like to be in a negative relationship?

- What emotions do you feel?
- What does your body feel like?
- What might you think?

Positive Relationship



I know I am loved.

I feel happy and calm when I am with them.

I know I can tell them things about myself.

Negative Relationship



I don't feel happy most of the time.

I think that I am not important to them.

I feel worried that they might tell people things about me that I don't want them to tell.