

CHAPTER SUMMARY

Section 18.1

Successful Relationships

Relationships are the connections you have with other people. They vary in three basic ways: their degree of closeness, their purpose, and their form. There are several influences on the ways in which you relate to different people, including expectations, personal qualities, self-esteem, and stereotyping. It is worth the risk to start new relationships. Maintaining relationships requires tolerance, respect for authority, and a willingness to give and receive.

Section 18.2

Unhealthy Relationships

Some relationships are unhealthy. Some of the characteristics of unhealthy behavior in a relationship are physical abuse, controlling behavior, bullying, irresponsible behavior, illegal activity, and dishonesty. Unhealthy relationships can make you experience feelings of isolation, low self-esteem, and dependence. Whether it is due to personal or practical reasons, it is never easy to end a relationship. It is best not to dwell on the loss.