

## HEALTHY AND UNHEALTHY RELATIONSHIPS

<https://doi.org/10.5281/zenodo.20511853>

**Bazarbayeva Aynura Raximnazarovna**

*1st year of Master's degree*

*Nukus state pedagogical institute named after Ajiniyaz*

*(Republic of Karakalpakstan, Nukus)*

### **Abstract**

In this article we consider healthy and unhealthy relationships, their differences. Many examples are given, which with the help of relationships poison or develop people's lives.

### **Key words**

Feeling, healthy and unhealthy relationships, relationship signal, loved one, understanding.

Every person sooner or later encounters such a feeling as 'love'. For someone it is something warm, bright, inspired, giving strength and meaning, but also this feeling can bring and negative emotions: sadness, sorrow, worries. And in such moments a person faces a number of questions, for example: 'Do I need this? Why is this happening to me? Am I better off alone?'. All human beings have at some point acted as both the pest and the victim. And unfortunately, not knowing how to love we have hurt the people we love in the form of violence and cruelty. We live in a world of abusive relationships where, statistically, one out of three women and one out of four men have encountered at least once in their lives. Healthy and unhealthy relationships have become an integral part of our lives today. We feel a strong attraction to other people without thinking about the fact that we are not taught how to love, how to love healthily, without conflict and confrontation with our partner. In order to avoid unhealthy relationships that can lead to terrible consequences, the author highlights five signs of healthy and unhealthy relationships.

At the beginning of a relationship, people want to spend every free minute together, experiencing butterflies fluttering somewhere inside. Feelings are so overwhelming that a person experiences an emotional 'high'. Such moments are comparable to the emotions of a person who has won the jackpot. But in an unhealthy relationship, happiness becomes a little stuffy and intrusive. And the

first sign worth highlighting is obsessiveness. This signal of an unhealthy relationship manifests itself in a large number of calls and messages from the partner, following on social networks and even in life. The partner deliberately demands attention to himself, wants to spend more time with you, even if he knows about your affairs and plans. The most important thing is to understand that not the beginning of the relationship, but its development is important. Listen to your inner voice and answer the questions that cause doubt. Am I at ease with this person? Am I comfortable with the way we are getting closer? It is also worth learning to speak your wishes, intentions and needs out loud.

Spending all your free time with your favourite person, you should not forget that you are independent people and have your own friends, family, affairs and plans. But the irresistible desire to be with your partner sometimes supersedes all these signs of autonomy. And at this point, it's very hard to notice that isolation is creeping into your life. Your partner begins to 'replace' your friends and family who are your rock, thus depriving you of help, support and support. This signal of an unhealthy relationship is based on doubt that develops into paranoia: you begin to doubt your friends, family and even strangers. You need to know that a healthy relationship cannot exist if both partners are dependent on each other. In other words, a relationship should be built on people's independence from each other. Yes, you spend time together, but both of you don't forget about your friends and family and your previous affairs and responsibilities. If you suddenly realise that your relationship has become isolated, make your plans, stick to them and guide your partner along the same path.

The next sign that can poison your relationship is excessive jealousy. When a man stops giving flowers, pleasing with gifts and surprises, that is, the candy-bouquet period ends, then he realises that he has achieved you and your attention. Later, when there is oversaturation, that is, former emotions and feelings gradually subside. But from nowhere jealousy appears. I am not talking now about that jealousy, where we in a state of adequacy slightly jealous of our partner to someone, but about excessive jealousy. You can't escape from jealousy, as it is an inalienable part of any relationship, it is human nature. But when your partner becomes more demanding, begins to monitor your movements, then come other feelings: distrust, possessiveness, anger. You may begin to be blamed because of false assumptions, completely unaccepting of your truth and your true feelings. Jealousy is bubbling over with despair, anger, distrust and rage, and there is nothing to do with love and healthy relationships. In order to heal such situations, you need to stop making assumptions, go into dialogue with a 'cool head', and

learn to listen and hear your partner. You can't let your emotions get the best of you.

Have you ever noticed that it is possible to hurt with words? In unhealthy relationships, this happens intentionally. If you used to have heartfelt and long conversations, over time they become sharpened and bring trauma. And the fourth sign is neglect. This can come in the form of nasty jokes, deliberately bringing up topics that you've had in the past that have brought a lot of pain, disrespect or neglect. And when you communicate your dislike and how much it hurts you, your partner devalues everything with killer phrases such as: 'You're exaggerating. Why are you being so gentle? Don't take offence, it's just a joke.' This is the worst moment when your partner starts to humiliate you in every way possible. In a healthy relationship, people support each other, and do not finish each other off. Healthy loving people strengthen your self-confidence, keep your secrets and remain faithful to the end, not the other way round: undermine your trust, tell all your secrets and go 'left'.

The last signal of an unhealthy relationship is extremes. It is not uncommon in relationships to have constant arguments and quarrels, which are replaced by stormy reconciliations. Then there are words of apology and assurance that this will not happen again. And after a while - the conflict is right there. Being in such relationships, a person begins to get used to such situations, considering them 'ordinary'. Having got used to it, you are on the edge and do not realise how dangerous and problematic the relationship has become. Quitting and cutting ties with your partner is not the most sensible decision, as it can breed aggression that will lead to terrible consequences. If you realise that your partner is aggressive and may encroach on you, then you should see a professional to get out of such a relationship safely.

In fact, when talking about healthy and unhealthy relationships, we don't have to frame them in terms of 'love.' It can also be viewed through the lens of relationships with friends, family members, and people in general. If you learn how to identify the telltale signs of unhealthy relationships, it will help you to rethink and re-evaluate the way you look at any relationship in your life. You may find answers to some questions, such as: 'Why was I disappointed in this person? What was sucking the life energy out of me?'. You need to remember that understanding a problem is the first step to resolving and resolving it. Some things are worth leaving in the past, but some things are worth revitalising. And until you have done that, you will not be able to revitalise your relationships with people to better conditions.

I'll let you in on a little secret: there's nothing difficult, touchy or complicated about this. The main thing is to implement some factors such as: respect from both sides, care, kindness, open and sincere communication. Don't forget that patience is also an important factor in healing your relationships with people. Having implemented these things in your life, you will feel lightness, enthusiasm, you will be knee-high mountains! This feeling will not come immediately, it will come through a long way of working on yourself and inner struggle with your ego.

**Conclusion:** The factors of unhealthy relationships presented in this article encourage people to learn to clearly define the boundaries of what is permissible rather than turn the other cheek. Everyone should learn how to build healthy relationships as it is a hard to achieve but very important skill. In conclusion, Katie Hood says: 'I am absolutely convinced that if love itself is based on instincts and emotions, then the ability to love is a skill that can be nurtured and developed over time'.

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