

Healthy Relationships & Communication

Upper-intermediate (B2-C1)



WARM-UP

Part 1. Discuss the following questions.

1. When do you communicate at your best?
2. When do you communicate at your worst?
3. Which relationship in your life teaches you the most about communication?

Part 2. Look at the photos below and discuss the questions.



1. What relationship dynamic do you think each image shows?
2. Who seems emotionally available?
3. Who might be setting a boundary?
4. Who looks like they communicate well?

VOCABULARY & SPEAKING

Part 1. Read the dialogues and discuss the meaning of the expression in bold. Then say whether you agree with what you read.

"We don't always agree, but there's **mutual respect**. We treat each other fairly."

"That makes conversations easier."

"We have **open communication**. If something feels off, we talk about it."

"That's healthy."

"I never had much **emotional intimacy** before. Now I can be honest without fear."

"That's real connection."

"I **set boundaries** with my family. I need space sometimes."

"Good. It's important."

"When I'm stressed, she gives me her full attention. Proper **active listening**."

"That's rare."

"He has **trust issues** from past relationships."

"That takes time to heal."

"He's kind but not **emotionally available**."

"That can make things difficult."

"We argue sometimes, but our **conflict resolution** is good."

"That's what makes couples last."



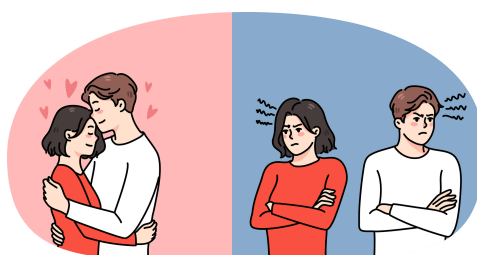
Part 2. Choose the most appropriate expression from the list below and explain why.

Mutual respect	Open communication	Emotional intimacy	Set boundaries
Active listening	Trust issues	Emotional availability	Conflict resolution

1. Two people disagree, but they listen to each other's views calmly and don't interrupt.
2. Two people can talk honestly without judging each other.
3. Someone listens but keeps checking their phone.
4. A person shares deeply but their partner struggles to respond emotionally.
5. A colleague says "yes" to everything and ends up overwhelmed.
6. A couple can disagree but fix problems together.
7. A new partner finds it hard to trust because of past experiences.
8. Two people feel close because they can talk about vulnerable things.

Part 3. Complete the sentences with your own ideas.

- **Mutual respect** is important in my life because...
- **Open communication** works best when...
- **Emotional intimacy** grows when...
- People need to **set boundaries** when...
- **Active listening** shows that...
- People with **trust issues** often...
- **Emotional availability** is challenging when...
- Good **conflict resolution** means...



Part 4. Read the dialogues and discuss the meaning of the phrasal verbs in bold. Discuss which of these behaviours you see most often and which ones you find difficult.

"Whenever we argue, he **shuts down** completely."

"That makes it harder to **open up**."

"We used to be close, but over the years we **drifted apart**."

"It happens."

"I tried to **bring up** the problem calmly."

"Did they **talk it over** with you?"

"We **fell out** last month, but I think we'll **make up** soon."

"Good. Life's too short."

"I won't **back down** just to keep the peace."

"You shouldn't."

Part 5. Complete the sentences with your own ideas.

- If a friend **shut down** during a conversation, I would...
- When two people **fall out**, the best way to **make up** is...
- I usually **bring up** difficult topics by...
- I find it easy or difficult to **open up** when...
- When someone tries to **talk** something **over**, I...
- I never **back down** when...
- I **drift apart** from people when...



Part 6. Read the short situations and identify the idiom that matches.

Hit it off	See eye to eye	Sweep something under the rug
Bury the hatchet	A shoulder to cry on	Speak from the heart

- 1.They forgave each other after months of silence.
- 2.They got on instantly the first time they met.
- 3.She listens without interrupting when her friend is upset.
- 4.They avoid talking about the problem and pretend everything is fine.
- 5.He shared his true feelings honestly, not hiding anything.
- 6.They agree on most things and rarely argue.

Part 7. Discuss the following questions.

- 1.Who is someone you **hit it off** with the moment you met?
- 2.Do you **see eye to eye** with your close friends or family most of the time?
- 3.Is it ever okay to **sweep things under the rug** for the sake of peace?
- 4.When have you needed to **bury the hatchet** with someone?
- 5.Who in your life is **a shoulder to cry on** when things get difficult?
- 6.When was a time you had to **speak from the heart**?

REFLECTION

Finish the sentences with your own ideas.

- One lesson I'm learning about relationships is...
- One communication skill I want to develop is...
- One boundary that protects my wellbeing is...
- I communicate best when...

