

# AADC : LOVE OR PRISON ?



## What's Wrong With Love

Love is the deepest and most desired emotion for humans. Although people can lie, cheat, steal, and even kill for love, they often prefer to do anything rather than lose love.



Over-love is not good and will cause some pain to the person undergoing it, and often becomes an toxic relationship that leads to a traumatized condition.

## The Impact of toxic relationship

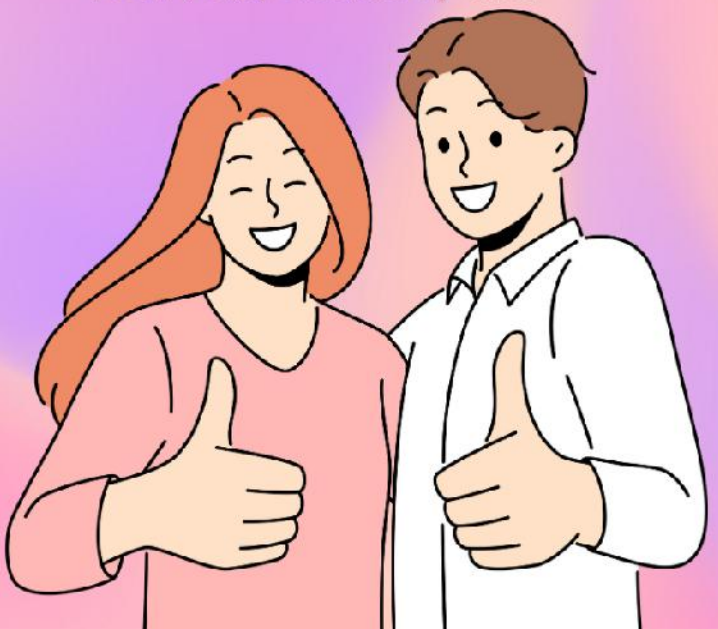
- economic/financial impact.
- Social aspects/impacts.
- The physical impact of being abused while in a toxic relationship.
- Psychological impact, Changes that impact a person's mindset

## Signs of a toxic relationship

1. possessive behavior or excessive curiosity of the partner.
2. there are acts of abuse These acts of abuse can take the form of verbal or nonverbal abuse.
3. There is one partner who dominates the relationship, not only in physical form but also in communication, which is one-way communication.
4. not giving the partner the opportunity to grow in the relationship

## How to build a healthy relationship

1. Good communication can build trust, avoid misunderstandings and create deep mutual understanding.
2. Respect and Value your partners
3. Support and motivate each other
4. Trust and loyalty are the main foundations in any relationship, couples must both build a sense of trust



## if you're already trapped in a toxic relationship?

1. Find the clear source of the conflict
2. Consider various solution options as alternatives to find a way out of the problem
3. Implementing the actions that have been considered and to assess the outcome of the problem that has been resolved
4. Ask the most trusted and closest person or a professional for help.



*Before you fall in love with someone, you have to love yourself first.*

