

I. Introduction

a. Trust, respect, love, admiration, and many other qualities are the foundation for healthy relationships. It is in these healthy, mutualistic relationships that both sides benefit, thus leading to the prosperity, length, and strength of these relationships. Contrarily, when a relationship is abusive and unhealthy, it is parasitic, and both parties suffer, not only ruining the quality of the relationship, but simultaneously ruining the quality of the individual's' lives. The suffering in an abusive and unhealthy relationship can be seen in the play, *Hamlet* by William Shakespeare, as Ophelia and Hamlet are madly engaged in a parasitic relationship.

c. When a relationship is abusive and unhealthy, it is parasitic, and both parties suffer, not only ruining the quality of the relationship, but simultaneously ruining the quality of the individual's' lives.

Whether observed in teenagers, newlyweds, or married grandparents, the impact that the wellbeing of relationships has on individuals is immense.

A. Psychological and emotional abuse is defined as "threatening your partner or damaging his or her self-worth. Examples include name-calling, shaming, bullying, embarrassing a partner on purpose or keeping him or her away from loved ones" (Espana, Raul and Srinivasan, Toxic Relationships: Abuse is a Two-Way Street).

1. 68 percent of teens surveyed reported experiencing adolescent relationship abuse victimization (Espana, Raul and Srinivasan, Toxic Relationships: Abuse is a Two-Way Street).
2. 65 percent reported being a victim of psychological abuse (Espana, Raul and Srinivasan, Toxic Relationships: Abuse is a Two-Way Street).
3. 62 percent reported being psychologically abusive (Espana, Raul and Srinivasan, Toxic Relationships: Abuse is a Two-Way Street).

B. Abusive relationships commonly result from the observation of abuse in other environments.

1. "...We're all watching and listening to the same stuff. As pop culture gets more sexual and graphically violent, this is what we get" (Brashich, Mad Love).
2. "We used to think that if teens are engaging in this kind of abuse, they've seen the behavior at home - from their parents..." (Brashich, Mad Love).

C. There are multiple qualities that will provide a stable relationship.

1. Respect in a relationship means you value who the person is, and you understand--and would never challenge--their boundaries (Am I in a Healthy Relationship?).
2. It's OK to get a little jealous sometimes--it's a natural response. But how you react when you're jealous is what matters, and there's no way you can

have a healthy relationship if you don't trust each other (Am I in a Healthy Relationship?).

3. Honesty goes hand in hand with trust because it's tough to trust someone when one of you isn't being honest (Am I in a Healthy Relationship?).
4. Support is essential because some people are great when your whole world is falling apart, but can't take being there when things are going right (Am I in a Healthy Relationship?). When someone is supportive and can do both, the relationship is a lot stronger.
5. Equality and fairness are necessary because things get bad really fast when the relationship turns into a power struggle, with each of you fighting to get your way all the time (Am I in a Healthy Relationship?).
6. When you started going out, you both had your own lives--your own families, friends, interests, etc., and that shouldn't change (Am I in a Healthy Relationship?).
7. Communication and understanding are important, both sides in the relationship should ask if they're not sure what the other means, and speak honestly and openly so that the miscommunication might not happen in the first place (Am I in a Healthy Relationship?).

III. *Hamlet*

- A. Hamlet goes mad at the lack of Ophelia's communication, and unrequited love.

This lack of support and trust is unhealthy.

1. Ophelia: My lord, as I was sewing in my closet, Lord Hamlet, with his doublet all unbraced; No hat upon his head; his stockings fouled, Ungartered, and down-gyvèd to his ankle; Pale as his shirt; his knees knocking each other; And with a look so piteous in purport As if he had been loosèd out of hell To speak of horrors—he comes before me.

(Shakespeare, 79)

2. Ophelia: He took me by the wrist and held me hard. Then goes he to the length of all his arm, And, with his other hand thus o'er his brow, He falls to such perusal of my face As he would draw it. Long stayed he so. At last, a little shaking of mine arm And thrice his head thus waving up and down, He raised a sigh so piteous and profound As it did seem to shatter all his bulk And end his being. That done, he lets me go, And, with his head over his shoulder turned, He seemed to find his way without his eyes, For out o' doors he went without their helps, And to the last bended their light on me. (Shakespeare, 79)

3. Ophelia: No, my good lord. But as you did command I did repel his fetters and denied His access to me. (Shakespeare, 81)

B. Hamlet, after going mad, feels angry and resentful towards Ophelia, which is unhealthy.

1. Hamlet: I did love you once.

Ophelia: Indeed, my lord, you made me believe so.

Hamlet: You should not have believed me...I loved you not.

Ophelia: I was the more deceived

Hamlet: Get thee to a nunnery (Shakespeare, 131)

C. Ophelia now goes mad, as Hamlet does not provide support or understand her hesitation in their relationship.

1. Gertrude: How now, Ophelia?

Ophelia: (sings) *How should I your true love know*

From another one?

By his cockle hat and staff,

And his sandal shoon. (Shakespeare, 207)

Conclusion:

IV. The greatest amount of happiness, and the best quality of life can come out of a healthy and stable relationship. Healthy relationships show individuals that there are other people in this world that are eager to share all of the good and the bad with you. The feeling of being wanted by someone else is one of the simplest pleasures in this life, but when a relationship is abusive and unhealthy, it is parasitic, and both parties suffer, not only ruining the quality of the relationship, but simultaneously ruining the quality of the individual's' lives. *Hamlet*, by William Shakespeare highlights this effect with the deplorable events that poisoned Hamlet and Ophelia's relationship. Unfortunately, a large amount of relationships are abusive and unhealthy, because they lack the qualities that strengthen a relationship, and the knowledge of how to engage in a healthy and happy relationship.