

MLA heading

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Last name and page #s

Ciencki 1

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double-space

long literary work
in italics
do not underline

How Unhealthy Relationships Affect the Individual

Trust, respect, love and admiration are the foundation for healthy relationships, while abuse, disrespect and lying are the foundation for unhealthy relationships. Both healthy and unhealthy relationships can be seen in literature, such as in Shakespeare's play, *Hamlet*. In healthy, mutualistic relationships, 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.

should elaborate

Thesis statement

transition sentence

Whether observed in teenagers, newlyweds, or married grandparents, the impact that the

wellbeing of relationships has on individuals is immense. According to the article, "Toxic Relationships: Abuse is a Two-Way Street," psychological and emotional abuse is defined as

transition sentence

MUST support your thesis

"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" (España, ~~Bal~~ and Srinivasan). According to research, 68 percent of teens surveyed

reported experiencing adolescent relationship abuse victimization, 65 percent reported being a victim of psychological abuse, and 62 percent reported being psychologically abusive (España,

must cite direct quotation AND paraphrase

~~Bal~~ and Srinivasan). Simultaneously, abusive relationships commonly result from the

observation of abuse in other environments. Some think that it is a result of the media, however,

* This citation is cross-referenced in Works Cited

only authors' last names for in-text citation

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last name
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according to the article, "Mad Love," "...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). Similarly, Brashich says that "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). This observation shows that not only does the media that we consume affect how we act in relationships, but so does seeing abuse in a home setting. When one is in an abusive relationship, they might not know it, and they might not know that they are the abuser, but if they are exposed to examples of abusive relationships, they are more likely to abuse. The abusive qualities that a relationship can possess are a lack of patience, a lack of understanding, disrespect, disconnection, miscommunication, and competition. Likewise, the abuser in the relationship can be controlling, harmful, manipulative, narcissistic, critical, inconsistent, and malicious. All of these abusive qualities are in variance with the ones

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format
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that make for a healthy and happy relationship. According to the article, "Am I In a Healthy Relationship?"

↓
direct
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4 lines
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*Respect in a relationship means you value who the person is[...] 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[...] Honesty goes hand in hand with trust because it's tough to trust someone when one of you isn't being honest[...] 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[...] When someone is supportive and can do both, the relationship is a lot stronger. 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

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time[...] When you started going out, you both had your own lives—your own families, friends, interests, etc., and that shouldn't change[...] 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?")

article title in quotation
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When all of these qualities are combined, a healthy relationship is produced. Subsequently, there is less abuse, whether known or unknown, in the relationship, and both sides have a greater quality of life. One teen, Dolores, was abused by her former boyfriend:

A year passed, and he was hitting her three or four times a week. Her hair hid the bumps on her head, and she covered up the bruises with makeup. Sometimes she ditched school so no one would see the marks. Once he beat her so badly that she got a blood clot in her eye and she didn't leave her house for two weeks. (Espinoza, 2012, and Buena, 2012)

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~~Second Line in Parentheses~~

She, like many others in abusive relationships, had to alter her lifestyle to accommodate the

abuse, but she is not a hotel for violence. Abuse, although unfortunately common, ruins people emotionally, mentally, and socially, as it did for Dolores.

transition to
literary
connection
with
topic

An unhealthy and abusive relationship is highlighted by William Shakespeare in his play, *Hamlet*. It is in this literature that Hamlet and Ophelia's tragic relationship is shown, and is revealed as extremely abusive and unhealthy and Hamlet and Ophelia go mad as a result of the unhealthy qualities in their parasitic relationship. In the play, Ophelia feels as if she is falling in love with Hamlet, but pulls away as per her father's demands. Subsequently, Ophelia experiences a change in Hamlet's attitude as he goes mad:

Play (literary work) MLA format for dialogue

Cienski 4

→ character names in all caps

~~X~~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-gyved 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 loosed out of hell To speak of horrors—he comes before me~~x~~

for long quotation

incorrect

use → (Shakespeare, 79). (Shakespeare, 2.1.29)
(author, act, scene, pg)

Ophelia feels as if she knows Hamlet and this strange behavior is shocking to her, because she does not know how to react or handle Hamlet's madness. Succeedingly, Hamlet surprises her more, with even more madness:

~~X~~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 stay'd 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 turn'd, He seem'd 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~~x~~ (Shakespeare,

refer to above format

79).

strangely (used adverb)

Ophelia sees this man that she loves acting so strange and is taken aback, with no simple solution of what could be going on with him. Later in the play, Hamlet and Ophelia come face to face to address the issues that they are having with their relationship, when Hamlet reveals that his feelings for Ophelia have changed, since he has experienced unrequited love:

~~X~~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) *incorrect / see pg. 4*

It is at this time that Ophelia sees a true reflection of Hamlet. As anyone in an abusive relationship would, she feels as though she does not know what to do. Now that she realizes that she has lost the man that she loves, she herself reaches a point of insanity:

*X*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) *incorrect / see pg. 4*

Ophelia, as a result of Hamlet not being supportive, understanding, respectful, truthful, or possessing any qualities of one in a healthy relationship, goes mad. Hamlet and Ophelia are one of the many examples in literature, of how an unhealthy relationship significantly lowers the life of the individual.

*transition
to →
conclusion*

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 *literary connection* highlights this effect with the deplorable events that poisoned Hamlet and Ophelia's relationship.

Unfortunately, ^{many} ~~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.

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Ciensi 7

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Works Cited



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author, →
article
title

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