

Joan & Ryan's Story



Joan and Ryan have been dating for a few months now and are excited to be going on a date at the park but something seems a little off.



Ryan - You're beautiful, you know that?

Joan - (leans head on shoulder) Thank you.

Ryan - I really care about you.

Joan - (smiles and shuffles closer to Ryan)

Ryan - I think that you're the best person I've ever dated by far. You're so fun and cute; it's amazing. I love you.

Joan - I love you too.

Ryan - You know that you're the only one for me. No one else could love you like I do.

Joan - No one?

Ryan - Yeah. I mean, how many times do you hear other people tell you how much they love you?

Joan - I guess that's true.



Ryan - See! Nobody else cares about you the way that I do. I'm the only one that ever makes you feel good about yourself.

Joan - (laughs) I mean, you're not wrong

Ryan - Exactly. I'm the only one that you can really come to with anything. Other people would judge you if you told them about anything that happened. All they want to do is tear you down. They don't want to help you.

Joan - I'm so glad to have someone like you in my life. You really care about me.

Ryan - I'll always be there for you. I love you.

Joan - I love you too.

End of Scene

Key Takeaways:



Notice how Ryan manipulated Joan to feel like they can only rely on him for support and that no one else could love them.

Quick Quiz



What should Joan do if this toxic activity continues?

address Ryan's toxic activity and tell a trusted person what's been going on between them

continue the relationship, nothing is wrong

Say nothing and trust Ryan would never hurt them