



## 10 SIGNS OF AN UNHEALTHY RELATIONSHIP

Understanding these behaviors can help you figure out if you're in an unhealthy or dangerous relationship. Many times, these behaviors are used to gain power or control and can have a negative impact on your well-being or day to day life. In some cases, these unhealthy behaviors can escalate to violence. If you feel like something might be off in your relationship, trust your gut and get help from [joinonelove.org/real\\_time\\_resources!](http://joinonelove.org/real_time_resources!)

**INTENSITY** Having really extreme feelings or over-the-top behavior that feels like too much. Examples are rushing the pace of a relationship, always wanting to see you and talk to you, and feeling like someone is obsessed with you.

**JEALOUSY** An emotion that everyone experiences, jealousy becomes unhealthy when someone lashes out or tries to control you because of it. Examples can be getting upset when you text or hang out with people your partner feels threatened by, accusing you of flirting or cheating, being possessive over you or even going so far as to stalk you.

**MANIPULATION** When a partner tries to influence your decisions, actions or emotions. Manipulation is not always easy to spot, but some examples are convincing you to do things you wouldn't normally feel comfortable with, ignoring you until they get their way, and using gifts and apologies to influence your decisions or get back in your good graces.

**ISOLATION** Keeping you away from friends, family, or other people. Examples can be when your partner makes you choose between them and your friends, insisting you spend all your time with them, making you question your own judgment of friends and family, and making you feel dependent on them for money, love or acceptance.

**SABOTAGE** Purposely ruining your reputation, achievements or success. Examples can be making you miss work, school or practice, keeping you from getting school work done, talking about you behind your back or starting rumors, and threatening to share private information about you.

**BELITTling** Making you feel bad about yourself. Examples can be calling you names, making rude remarks about who you hang out with, your family or what you look like, and making fun of you – even if it's played off as just a joke.

**GUILTING** Making you feel guilty or responsible for your partner's actions. Examples can be making you feel responsible for their happiness, making you feel like everything is your fault, threatening to hurt themselves or others if you don't do as they say or stay with them, pressuring you to do anything sexual you're not comfortable with.

**VOLATILITY** Unpredictable overreactions that make you feel like you need to walk on eggshells around them or do things to keep them from lashing out. Examples can be mood swings, losing control of themselves by getting violent or yelling, threatening to hurt you or destroy things, and making you feel afraid of them. This can also be lots of drama or ups and downs in a relationship.

**DEFLECTING RESPONSIBILITY** Making excuses for their behavior. Examples can be blaming you, other people or past experiences for their actions, using alcohol or drugs as an excuse, using mental health issues or past experiences (like a cheating ex or divorced parents) as a reason for unhealthy behavior.

**BETRAYAL** When your partner acts differently with you versus how they act when you're not around. Examples can be lying to you, purposely leaving you out or not telling you things, being two-faced, acting differently around friends, or cheating while in a relationship with you.