



10 Signs of Unhealthy Relationship

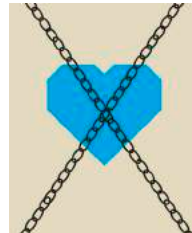
While everyone does unhealthy things sometimes, we can all learn to love better by recognizing unhealthy signs and shifting to healthy behaviors. If you are seeing unhealthy signs in your relationship, it's important to not ignore them and understand they can escalate to abuse.

If you think you are in a dangerous situation, trust your gut and get help.



Intensity

When someone expresses very extreme feelings and over-the-top behavior that feels overwhelming.



Possessiveness

When someone is jealous to a point where they try to control who you spend time with and what you do.



Manipulation

When someone tries to control your decisions, actions or emotions.



Isolation

When someone keeps you away from friends, family, or other people.



Sabotage

When someone purposely ruins your reputation, achievements, or success.



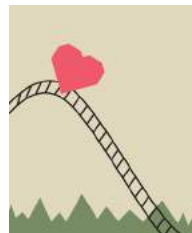
Belittling

When someone does and says things to make you feel bad about yourself.



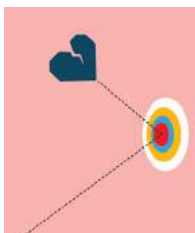
Guilt

When someone makes you feel responsible for their actions or makes you feel like it's your job to keep them happy.



Volatility

When someone has a really strong, unpredictable reaction that makes you feel scared, confused or intimidated.



Deflecting Responsibility

When someone repeatedly makes excuses for their unhealthy behavior.



Betrayal

When someone is disloyal or acts in an intentionally dishonest way.