

# 10 Signs of an **UNHEALTHY** **RELATIONSHIP**



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## **INTENSITY**

Intensity is when someone shows extreme and very over-the-top emotion. These emotions can be very overwhelming. Examples may be wanting to see you more than you are comfortable with or trying to move too fast.

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## **POSSESSIVENESS**

Possessiveness is when someone is jealous to the point that they may try to control you. They may try to control whom you hang out with and where you go. They may become upset when you text someone they do not know or accuse you of cheating often.

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## **DEFLECTING RESPONSIBILITY**

Not taking responsibility, or deflecting responsibility, is when someone makes excuses for unhealthy and toxic behavior. They may even try to blame you or someone else for their own actions.

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## **MANIPULATION**

Manipulation is when someone tries to control your actions, emotions, and/or decisions. They may try to convince you to do something you are not comfortable with. An example of manipulation would be someone giving you the silent treatment, meaning they refuse to talk to you until you do what they want.

**5**

## **ISOLATION**

Isolation is when someone keeps you away from family, friends, or other people in general. This behavior usually starts with wanting to spend more 1 on 1 time but may become demanding. Isolation can leave someone feeling dependent on their partner and unsure of their own friendships.

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## **SABOTAGE**

Sabotage is when someone intentionally damages your reputation or success and limits you from future opportunities. Examples of this include spreading rumors or keeping you from doing things that are important.

**7**

## **BELITTLING**

Belittling is when someone says or does something to make you feel bad about yourself. Examples of this include name-calling, embarrassing you in front of friends or criticizing you often. They may play this behavior off as a joke or refer to you as "overly sensitive" for addressing it.

**8**

## **GUILTING**

Guilt is when someone makes you feel responsible for their actions. They may make you feel like it is your job to keep them happy. Examples include trying to convince you to do something you do not want to do or making threats to make you act or do something a certain way.

**9**

## **VOLATILITY**

Volatility is when someone acts in a dangerous or erratic way suddenly or unexpectedly. These actions may make you feel scared or like you are walking on eggshells. They may overreact to small situations or have major mood swings.

**10**

## **BETRAYAL**

Betrayal is when someone acts in a dishonest or disloyal way. Examples include cheating, lying, or leaving you out. They may also act differently when with other people or share your personal information with others without consent.

