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.

Learn more at joinonelove.org