



oneLove

# What Unhealthy Relationships Look Like: Digital Edition

From texting to Twitch to TikTok to popular dating apps – the online world has created countless opportunities for people to connect and form meaningful relationships. With so many relationships now starting online, it's never been more important to understand how the signs of an unhealthy relationship might look in a digital space. Just as healthy and unhealthy signs happen in person, they also happen online, and the unhealthy can be just as harmful when it happens online as when it happens in person.

## Unhealthy Sign

## Digital Example



### Intensity

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

- Excessive and constant complimentary comments, likes, and posts — also known as “love bombing.”
- Insisting on constant contact that can include excessive DMs, texts, calls, etc.



### Manipulation

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

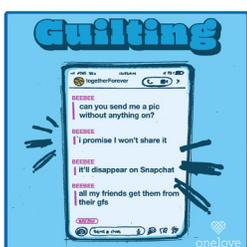
- Demanding a partner shares passwords or logs in to accounts on their device. or repeatedly asking to create a shared email/social media account.
- When a person refuses to share passwords or personal information their partner may respond with “what do you have to hide?” or “If you really loved me, you’d give me access.”



### Sabotage

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

- Accessing a partner's account without their consent and altering personal information or unfriending or unfollowing people without them knowing.
- Deleting emails, messages, or calendar invites purposely, to disrupt work or school success.



### Guilt

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

- Claiming someone didn't respond quickly enough to a text or message.
- Expressing disappointment when a partner doesn't like or comment on all of their pictures or posts.
- Sending unwanted nudes to someone with the expectation they'll respond in kind.

## Unhealthy Sign



### Deflecting Responsibility

When someone repeatedly makes excuses for their unhealthy behavior.



### Possessiveness

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



### Isolation

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



### Belittling

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



### Volatility

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



### Betrayal

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

## Digital Example

- Blaming technology for an action like claiming "someone else must have taken that photo from my device" or claiming their account was "hacked".
- Rather than owning up to spreading a rumor, saying that "someone must have taken my phone and read our messages".
- Drunk texting and blaming alcohol for things said or done via text.
- Pushing a partner to delete a post or picture or asking them not to post in the future.
- Tracking someone's location via their device without their consent.
- Pressure to spend less time on social media, so they can instead focus on the relationship.
- Locking someone out of their device or accounts to prevent them from connecting with their friends and family.
- Publicly disparaging someone's social media feed; criticizing their posts/selfies.
- Criticizing intimate/romantic pics to push for more extreme/graphic photos or videos.
- Angry, long text barrages/DMs/voice memos out of nowhere.
- Making a partner anxious because they never know when they may receive an angry text or message.
- Doxing: Posting private information that was shared in confidence with a partner.
- Publishing an intimate photo or video that was shared in confidence with a partner.