

10 Signs of an Unhealthy Relationship

Intensity

When someone expresses very extreme feelings and over-the-top behaviors that feel overwhelming. Things are getting too intense if you feel like someone is rushing the pace of the relationship or seems obsessive.

Possessiveness

When someone is jealous to a point where they try to control who you spend time with and what you do. While jealousy is a normal human emotion, it becomes unhealthy when it causes someone to control or lash out at you.

Manipulation

When someone tries to control your decisions, actions or emotions. Manipulation is often hard to spot, because it can be expressed in subtle or passive-aggressive ways.

Isolation

When someone keeps you away from friends, family, or other people. This behavior often starts slowly with someone asking you to spend more one-on-one time with them but can later escalate.

Sabotage

When someone purposely ruins your reputation, achievements, or success. Sabotage includes keeping you from doing things that are important to you.

Belittling

When someone does and says things to make you feel bad about yourself. This includes name-calling, making rude remarks about people you're close with, or criticizing you.

Guilt

When someone makes you feel responsible for their actions or makes you feel like it's your job to keep them happy. They may blame you for things that are out of your control and make you feel bad for them.

Volatility

When someone has a really strong, unpredictable reaction that makes you feel scared, confused or intimidated. A volatile person makes you feel like you need to walk on eggshells around them.

Deflecting Responsibility

When someone repeatedly makes excuses for their unhealthy behavior. They may blame you or other people for their own actions.

Betrayal

When someone is disloyal or acts in an intentionally dishonest way. They may act like a different person around other people or share private information about you to others.

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Comfortable Pace

The relationship moves at a speed that feels enjoyable for each person. It's normal to want to spend a lot of time with someone when you first meet them, but it's important that you're both on the same page with how the relationship is moving.

Honesty

You can be truthful and candid without fearing how the other person will respond. You should feel like you can share the full truth about your life and feelings with each other.

Respect

You value one another's beliefs and opinions, and love one another for who you are as a person. You feel comfortable setting boundaries and are confident that the other person will respect those boundaries.

Kindness

You are caring and empathetic to one another, and provide comfort and support. In a healthy relationship, the each person will do things that they know will make the other person happy.

Healthy Conflict

Openly and respectfully discussing issues and confronting disagreements non-judgmentally. Conflict is a normal and expected part of any relationship.

Trust

Confidence that your partner won't do anything to hurt you or ruin the relationship. You don't have to question the other person's intentions or whether they have your back.

Independence

You have space to be yourself outside of the relationship. The other person should be supportive of your hobbies and your relationships with other friends, family and coworkers.

Equality

The relationship feels balanced and everyone puts the same level of effort into the relationship. You don't let one person's preferences dominate, and you hear each other out and make compromises when you don't want the same thing.

Taking Responsibility

Owning your actions and words. You avoid placing blame and are able to admit when you make a mistake. You genuinely apologize when you've done something wrong and continually try to make positive changes to better the relationship.

Fun

You enjoy spending time together and you bring out the best in each other. A healthy relationship should feel easy and make you happy.