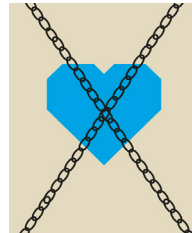


10 Signs of Unhealthy Relationship

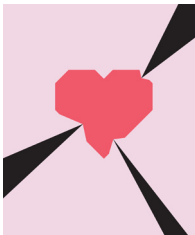
While everyone does unhealthy things sometimes, we can all learn to love better by recognizing unhealthy signs and shifting to healthy behaviors. If you are seeing unhealthy signs in your relationship, it's important to not ignore them and understand they can escalate to abuse. If you think you are in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



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



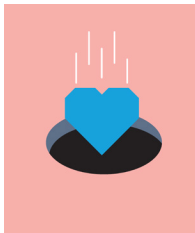
Possessiveness
When someone is jealous to a point where they try to control who you spend time with and what you do.



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



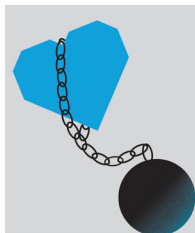
Isolation
When someone keeps you away from friends, family, or other people.



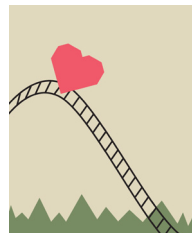
Sabotage
When someone purposely ruins your reputation, achievements, or success.



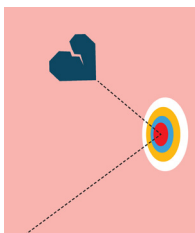
Belittling
When someone does and says things to make you feel bad about yourself.



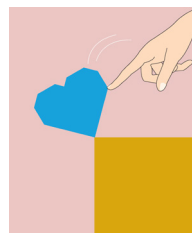
Guilt
When someone makes you feel responsible for their actions or makes you feel like it's your job to keep them happy.



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.