

Warning Signs of an Unhealthy Relationship

Are you in a relationship with someone who...

- Repeatedly shows **insensitive and unkind behavior**
- Tries to control you** making all the decisions and not taking your opinion seriously
- Is violent:** has a history of fighting, loses their temper quickly, and brags about mistreating others
- Is jealous and possessive** toward you, and wants all of your attention, controls your friends, checks up on you, and/or won't accept breaking up
- Blames you when they mistreat you;** says you provoked them, pressed their buttons, made them do it, and/or lead them on
- Has a history of bad relationships and blames the other person** for all the problems; "So and so' just doesn't understand me"
- Is scary:** you worry about how they will react to things you say or do; they threaten you, use or own weapons
- Believes that one partner should be in control and powerful** and that the other partner should be passive and submissive
- Posts about relationship problems online,** rather than talking about it with you
- Lurks on your social media,** gets mad or tries to control who comments and likes on your page
- Blasts you on social media,** subs you, creates a fake page of you, or exposes you online
- Doesn't claim you publicly,** acts like they're single or hides your relationship online
 - Your family and friends have warned you about the person or has told you **they are worried for your safety**
 - Abuses drugs or alcohol** and pressures you to take them
 - Gets too serious** about the relationship too fast
 - Comes on very strong, extremely charming, and smooth talking**

If you've experienced these signs or have done this to others, consider calling Safelink, an anonymous, free, listening ear at 1-877-785-2020.