

HE9 - FL - Unhealthy Relationships Characteristics

Unhealthy Relationships Characteristics

- Jealousy
 - Irrational, angry behavior
 - Accusations of flirtatious or inappropriate behavior
- Manipulation
 - Trying to influence your decisions, actions, or emotions
 - Gaslighting: making you question your own thoughts, emotions, reasoning
- Intensity
 - Over the top behavior that feels like too much too soon
 - Obsessive behavior
 - Rushing the pace of the relationship
- Isolation
 - Insisting you only spend time with him or her
 - Making you dependent on him or her for money, love, acceptance, etc.
- Sabotage
 - Making you miss school, work, etc. by starting a fight, pretending to be sick, breaking up with you, hiding phone/keys, etc.
- Belittling
 - Making you feel bad about yourself
 - Name calling, rude remarks
- Guilting
 - Making you feel guilty or responsible for your partner's actions
 - Making you feel responsible for their happiness
- Volatility
 - Unpredictable overreactions
 - Mood swings, losing control, getting violent, making threats
- Deflecting Responsibility
 - Making excuses for their behavior
- Betrayal
 - Lying to you or leaving you out of things
 - Acting differently around other people

Why do people stay in unhealthy relationships?

- Low self-esteem
- Low self-worth
- History of abuse
- Denial of abuse
- Financial reasons
- Fear
- “Love”
- Children and family dynamics
- Religious beliefs
- No place to go
- “Security”