

# Signs You May Be in an Unhealthy Relationship

**Do not** make time for each other  
**Ignore each other** when one is speaking

Ridicule or **call names**  
Make the other **feel bad** about her/himself  
**Criticize** or support others in criticizing people with your gender, race, ethnicity, sexual orientation, religion, disability, or other personal attributes

Try to **control or manipulate** the other  
Are **overly possessive** or get jealous about ordinary behavior  
**Control** the other's money or other resources (e.g., car)  
**Dictate** how the other dresses

**Criticize** the other's friends  
Discourage the other from being close with **anyone else**

**Harm or threaten to harm** children, family, pets, or objects of personal value  
Push, grab, hit, punch, or throw objects  
Use **physical force or threats** to prevent the other from leaving  
Are afraid of the other's temper

