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