

Signs of an **Unhealthy Relationship**

Feelings of fear, stress, and sadness are not part of a healthy relationship.

Lack of Respect

You “go along” with something even if you think it is not right. You feel bad about what happens when you are together.

Being Held Back

Your partner does not let you succeed in school, or you are made to feel guilty about doing things that interest you.

Controlling Behavior

You may hear, “If you love me, I need to know where you are.” Your partner does not care about your friends.

Feeling “Crazy in Love”

One or both of you calls the other all the time. You feel your partner is possessive and smothering.

Getting Blamed for Your Partner’s Problems

You hear, “This is all your fault.”

Feeling Jealous Most of the Time

A little bit of jealousy is normal. A lot of jealousy, or allowing jealousy to control what goes on between the two of you, will hurt the relationship.

Trying to Change the Other Person’s Behavior

One of you tells the other, “My way or no way.”

When you can talk about a problem, an unhealthy relationship can become a healthy one. But, if you can’t find ways to enjoy the time that you spend together, it may mean that it is time to end the relationship.