8 Signs of an Unhealthy Relationship

Your partner uses force and threats.
- By asking and/or carrying out threats to do something to hurt you
- By threatening to leave you, to commit suicide, to report you to welfare
- By making you drop charges you made against them
- By making you do illegal things

Your partner uses intimidation to control you.
- By using looks, actions or gestures to make you afraid
- By smashing things
- By destroying your property
- By abusing pets
- By displaying weapons

Your partner is emotionally unkind.
- By putting you down
- By making you feel bad about yourself
- By calling you names
- By making you think you are crazy
- By playing mind games
- By humiliating you
- By making you feel guilty

Your partner uses isolation to control you.
- By controlling what you do, who you see and talk to, what you read and where you go
- By limiting your outside involvement
- By using jealousy to justify actions

Your partner minimizes your concerns, denies problems, and blames you.
- By making light of problems or abuse and not taking your concerns seriously
- By saying the problems or abuse did not happen
- By shifting responsibility for their own behavior
- By blaming their own behavior on you

Your partner uses your children.
- By making you feel guilty about the children
- By using the children to relay messages
- By using visitation to harass you
- By threatening to take the children away

Your partner uses male privilege to get his way.
- By treating you like a servant
- By making all the big decisions
- By acting like the “master of the castle”
- By being the one to define the men’s and women’s roles

Your partner uses money to control.
- By preventing you from getting or keeping a job
- By making you ask for money
- By giving you an allowance
- By taking your money
- By not letting her know about or have access to family income