

# 10 Signs of an Unhealthy Relationship

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If you're seeing any of these 10 unhealthy signs in your relationship don't ignore them. Understanding these signs can help identify a toxic relationship before it becomes dangerous or abusive.

## **Intensity**

When someone expresses very extreme feelings and over-the-top behavior that feels overwhelming.

## **Possessiveness**

When someone is jealous to a point where they try to who you spend time with and what you do.

## **Manipulation**

When someone tries to control your decisions, actions, or emotions.

## **Isolation**

When someone keeps you away from family, friends, and other people.

## **Sabotage**

When someone purposely ruins your reputation, achievements, or success.

## **Belittling**

When someone does and says things to make you feel bad about yourself.

## **Guilting**

When someone makes you feel responsible for their actions or makes you feel like it's your job to keep them happy.

## **Volatility**

When someone has a really strong unpredictable reaction that makes you feel scared, confused, or intimidated.

## **Deflecting Responsibility**

When someone repeatedly makes excuses for their unhealthy behavior.

## **Betrayal**

When someone is disloyal or acts in intentionally dishonest way.

The best way to learn about love is through OneLove.

For more information about OneLove and the signs of healthy and unhealthy relationships, visit [joinonelove.org](https://www.joinonelove.org).