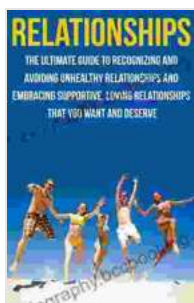


# The Ultimate Guide to Recognizing and Avoiding Unhealthy Relationships

Are you worried that you may be in an unhealthy relationship? This guide will help you recognize the signs and take steps to protect yourself.

## What is an unhealthy relationship?

An unhealthy relationship is any relationship that is characterized by:



### Relationships: The Ultimate Guide to Recognizing and Avoiding Unhealthy Relationships and Embracing Supportive, Loving Relationships That You Want and ... loving relationships, relationships) by Brenda Long

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- **Abuse:** Physical, emotional, sexual, or financial abuse
- **Control:** One person tries to control the other person's behavior, thoughts, and feelings

- **Neglect:** One person does not meet the other person's basic needs, such as food, shelter, or affection
- **Dishonesty:** One person lies to the other person, cheats on them, or hides things from them
- **Jealousy:** One person is excessively jealous of the other person's relationships with other people
- **Possessiveness:** One person tries to own the other person and control their every move

## **What are the signs of an unhealthy relationship?**

There are many different signs of an unhealthy relationship. Some of the most common include:

- **You feel controlled by your partner.** They may tell you what to wear, who you can see, and what you can do.
- **You are afraid of your partner.** They may threaten you, hurt you, or make you feel like you are walking on eggshells.
- **You feel neglected by your partner.** They may not spend time with you, listen to you, or meet your needs.
- **You are constantly lied to by your partner.** They may cheat on you, hide things from you, or tell you stories that don't add up.
- **Your partner is jealous of your other relationships.** They may try to isolate you from your friends and family.
- **Your partner is possessive of you.** They may try to control your every move and make you feel like you are their property.

## What should you do if you are in an unhealthy relationship?

If you are in an unhealthy relationship, it is important to take steps to protect yourself.

- **Talk to someone you trust.** This could be a friend, family member, therapist, or anyone else who can provide you with support and advice.
- **Make a safety plan.** This will help you to stay safe if you need to leave the relationship.
- **Get help.** There are many resources available to help you get out of an unhealthy relationship, such as domestic violence hotlines, shelters, and counseling services.

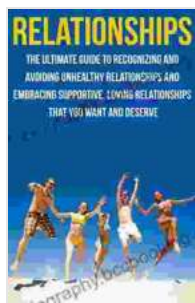
## How can you avoid unhealthy relationships?

There are a few things you can do to avoid unhealthy relationships.

- **Set boundaries.** Let people know what you will and will not tolerate in a relationship.
- **Trust your instincts.** If something feels wrong, it probably is.
- **Be independent.** Don't rely on someone else to make you happy.
- **Take care of yourself.** This includes your physical, emotional, and mental health.

Unhealthy relationships can have a devastating impact on your life. It is important to be able to recognize the signs of an unhealthy relationship and to take steps to protect yourself. If you are in an unhealthy relationship, please reach out for help.

Remember, you deserve to be in a healthy and happy relationship.



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