

# 8 SIGNS OF A UNHEALTHY RELATIONSHIP

**1** Your partner threatens you or hurts you verbally or physically.

**2** Your partner humiliates you, or puts you down when alone or in front of others.

**3** You feel you need to hide things or you feel like you can't talk openly about problems in your relationship.

**4** You cannot trust your partner; feel you have to lie to them or that they lie to you.

**5** Your partner tries to control you - tells you what to say or do, what to wear or how to act.

**6** Your partner does not want you to spend time doing the things that you like to do and tries to stop you or makes you feel guilty when you do.

**7** Your partner tries to isolate you by limiting or controlling the amount of time you spend with your friends or family.

**8** You feel like your partner pressures you to do things you don't want to do or pressures you sexually.

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