



Relationships From A Man's Point of View (Part 2)

Signs of Unhealthy vs. Healthy Signs Relationships

Friday, September 8, 2023

Clubhouse @ 9pm EST

Signs of Unhealthy Relationships

1. Intensity

When someone expresses very extreme feelings and over-the-top behavior that feels overwhelming. Things are getting too intense if you feel like someone is rushing the pace of the relationship (comes on too strong, too fast) and seems obsessive about wanting to see you and be in constant contact.

2. Possessiveness

When someone is jealous to a point where they try to control who you spend time with and what you do. While jealousy is a normal human emotion, it becomes unhealthy when it causes someone to control or lash out at you. This means getting upset when you text or hang out with people they feel threatened by, wrongly accusing you of flirting or cheating, or even going so far as to stalk you. Possessiveness is often excused as being overprotective or having really strong feelings for someone.

3. Manipulation

When someone tries to control your decisions, actions or emotions. Manipulation is often hard to spot because it can be expressed in subtle or passive-aggressive ways. You know you're being manipulated if someone is trying to convince you to do things you don't feel comfortable doing, ignores you until they get their way, or tries to influence your feelings.

4. Isolation

When someone keeps you away from friends, family, or other people. This behavior often starts slowly with someone asking you to spend more 1:1 time with them but can later escalate to demands that you don't see certain people. Often, they will ask you to choose between them and your friends, insist that you

spend all your time with them, or make you question your own judgment of friends and family. If you are experiencing isolation, you may end up feeling like you're dependent on your partner for love, money or acceptance.

5. Sabotage

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

Sabotage includes keeping you from doing things that are important to you.

Behaviors like talking behind your back, starting rumors, or threatening to share private information about you, is also sabotage.

6. Belittling

When someone does and says things to make you feel bad about yourself. This includes name-calling, making rude remarks about people you're close with, or criticizing you. It's also belittling when someone makes fun of you in a way that makes you feel bad, even if it's played off as a joke. Over time, this can make you lose confidence in yourself or your abilities.

7. Guilting

When someone makes you feel responsible for their actions or makes you feel like it's your job to keep them happy. They may blame you for things that are out of your control and make you feel bad for them. This includes threatening to hurt

themselves or others if you don't do as they say or stay with them. They might also pressure you to do something that you're not comfortable with by claiming that it's important to them or that it'll hurt their feelings if you don't do it.

8. Volatility

When someone has a really strong, unpredictable reaction that makes you feel scared, confused or intimidated. A volatile person makes you feel like you need to walk on eggshells around them or they will have extreme reactions to small things. Your relationship with them might feel like a rollercoaster that contains extreme ups and downs. They may overreact to small things, have major mood swings or lose control by getting violent, yelling or threatening you.

9. Deflecting Responsibility

When someone repeatedly makes excuses for their unhealthy behavior. They may blame you or other people for their own actions. Often, this includes making excuses based on alcohol or drug use, mental health issues or past experiences (like a cheating ex or divorced parents).

10. Betrayal

When someone is disloyal or acts in an intentionally dishonest way. They may act like a different person around other people or share private information about you to others. It also includes lying, purposely leaving you out, being two-faced, or cheating on you.

Signs of Healthy Relationships

1. Comfortable Pace

The relationship moves at a speed that feels enjoyable for each person. It's normal to want to spend a lot of time with someone when you first meet them, but it's important that you're both on the same page with how the relationship is moving. In a healthy relationship, you're not rushed or pressured in a way that makes you feel overwhelmed.

2. Trust

Confidence that your partner won't do anything to hurt you or ruin the relationship. In a healthy relationship, trust comes easily and you don't have to question the other person's intentions or whether they have your back. They respect your privacy and would never put you through a "test" to prove your loyalty.

3. Honesty

You can be truthful and candid without fearing how the other person will respond. In a healthy relationship, you should feel like you can share the full truth about your life and feelings with each other – you will never have to hide things. They may not like what you have to say, but will respond to disappointing news in a considerate way.

4. Independence

You have space to be yourself outside of the relationship. The other person should be supportive of your hobbies and your relationships with other friends, family and coworkers. The other person does not need to know or be involved in every part of your life. Having independence means being free to do you and giving your partner that same freedom.

5. Respect

You value one another's beliefs and opinions, and love one another for who you are as a person. You feel comfortable setting boundaries and are confident that the other person will respect those boundaries. They cheer for you when you achieve something, support your hard work and dreams, and appreciate you.

6. Equality

The relationship feels balanced and everyone puts the same effort into the success of the relationship. You don't let one person's preferences and opinions

dominate, and instead, you hear each other out and make compromises when you don't want the same thing. You feel like your needs, wishes and interests are just as important as the other person's. Sometimes you might put in more (money, time, emotional support) than your partner, and vice versa, but the outcome always feels equitable and even.

7. Kindness

You are caring and empathetic to one another, and provide comfort and support. In a healthy relationship, the other person will do things that they know will make you happy. Kindness should be a two-way street—it's given and returned in your relationship. You show compassion for the other person and the things they care about.

8. Taking Responsibility

Owning your actions and words. You avoid placing blame and are able to admit when you make a mistake. You genuinely apologize when you've done something wrong and continually try to make positive changes to better the relationship. You can take ownership for the impact your words or behavior had, even if it wasn't your intention.

9. Healthy Conflict

Openly and respectfully discussing issues and confronting disagreements non-judgmentally. Conflict is a normal and expected part of any relationship.

Everyone has disagreements, and that's OK! Healthy conflict is recognizing the root issue and addressing it respectfully before it escalates into something bigger. No one should belittle or yell during an argument.

10. Fun

You enjoy spending time together and you bring out the best in each other. A healthy relationship should feel easy and make you happy. You can let loose, laugh together, and be yourselves — the relationship doesn't bring your mood down but cheers you up. No relationship is fun 100% of the time, but the good times should definitely outweigh the bad.