

Wellness Counseling Corner Newsletter

Signs of an Unhealthy Relationship

As we continue our focus on Domestic Violence Awareness Month, we will be presented various topics. ***This week's spotlight focuses on the signs of an unhealthy relationship.*** Unhealthy relationships can be difficult to talk about, and even harder to recognize. If you are seeing unhealthy signs in your relationship, it's important to not ignore them and understand

they can escalate to abuse. ***If you think you are in a dangerous situation, trust your gut and get help.***



Domestic Violence Resources

- ◆ MAC Campus Police & Safety
 - ◆ 814-886-6327
- ◆ MAC Counseling Services
 - ◆ mschuster@mtaloy.edu
 - ◆ www.mtaloy.edu/student-life/health-wellness-services/counseling-services/
- ◆ Domestic Violence Hotline
 - ◆ 800-799-SAFE (7233)
 - ◆ www.thehotline.org
- ◆ Pennsylvania Coalition Against Domestic Violence
 - ◆ www.pcadv.org/find-help/
- ◆ Department of Human Services
 - ◆ www.dhs.pa.gov/Services/Assistance/Pages/Domestic-Violence.aspx



10 Signs of an Unhealthy Relationship

- ◆ **Intensity**
 - ◆ Rushing the pace of the relationship (comes on too strong, too fast)
- ◆ **Possessiveness**
 - ◆ When someone is jealous to a point where they try to control who you spend time with and what you do
- ◆ **Manipulation**
 - ◆ When someone tries to control your decisions, actions or emotions
- ◆ **Isolation**
 - ◆ Someone keeps you away from friends, family, or other people.
- ◆ **Sabotage**
 - ◆ Includes keeping you from doing things that are important to you
- ◆ **Belittling**
 - ◆ Includes name-calling, making rude remarks about people you're close with, or criticizing you
- ◆ **Guilting**
 - ◆ When someone makes you feel responsible for their actions
- ◆ **Volatility**
 - ◆ You feel like you need to walk on eggshells
- ◆ **Deflecting Responsibility**
 - ◆ When someone repeatedly makes excuses for their unhealthy behavior
- ◆ **Betrayal**
 - ◆ Includes lying, purposely leaving you out, being two-faced, or cheating on you
(joinonelove.org)

