How Do You Know If You Are in an Unsafe Relationship?

An unsafe and exploitative relationship can be very dangerous for you. Here is a series of warning signs that may help you identify if you are in an unsafe relationship. If you are experiencing some of these warning signs, seek help from a professional organization that works with people in domestic and family violence situations.

 Manipulation

- The person may try to turn other people against you and tell lies about you.
- They may make you feel like everything is your fault.
- They may make you feel like everything you do is not good enough.
- They may say that they are much more powerful and stronger than you, and that you are a weak and useless person.
- They may also trick you and say that you are lucky to be with them because no one else would want to be with you.
- They may bully you into doing things that are illegal or against your beliefs.
- They do not tell you where they have been but expect you to always tell them where you have been or where you are going.
- They may compare you to other people to make you feel a lesser person.
- They may insist that you are mad or crazy if you argue back or accuse them of any form of manipulation or abuse. They may say you are imagining it and may threaten to harm themselves if you don’t do what they tell you to.
- They may blackmail you by saying that they will disclose your secrets and/or share images of intimate conversations or situations.

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