



Unsure About Your Relationship?

Relationships that are not healthy are based on power and control, not equality and respect. In the early stages of an abusive relationship, you may not think the unhealthy behaviors are a big deal. However, possessiveness, insults, jealous accusations, yelling, humiliation, pulling hair, pushing or other negative, abusive behaviors, are – at their root – forms of power and control.

If you think your relationship is unhealthy, it's important to think about your safety now. Consider these points as you move forward:

- **Understand that a person can only change if they want to.** You can't force your partner to alter their behavior if they don't believe they're wrong.
- **Focus on your own needs.** Are you taking care of yourself? Your wellness is always important. Watch your stress levels, take time to be with friends, get enough sleep. If you find that your relationship is draining you, consider ending it.
- **Connect with your support systems.** Often, abusers try to isolate their partners. Talk to your friends, family members, teachers and others to make sure you're getting the emotional support you need. Remember, our advocates are always ready to talk if you need a listening ear.
- **Think about breaking up.** You deserve to feel safe and accepted in your relationship.
- **Consider your own personal growth and safety.** Even though you cannot change your partner, you can make changes in your own life to stay safe. Consider leaving your partner before the abuse gets worse.

*Remember, abuse is always a choice and you deserve to be respected.
There is no excuse for abuse of any kind.*

If you want to end your relationship but are concerned about your safety, SHARPP can help you with "Safety Planning."



Red Flags of an Unhealthy Relationship:



Does your partner...

- Control what you do?
- Control who you see?
- Control you financially?
- Criticize you constantly?
- Prevent you from working?
- Accuse you of cheating?
- Destroy your property?
- Threaten you?
- Threaten to commit suicide?
- Blame you for abusive behaviour?

PEOPLE IN A HEALTHY RELATIONSHIP



They share the same values and vision

PEOPLE IN A TOXIC RELATIONSHIP



They head in different directions and are not willing to compromise

Are you in an abusive relationship?
Please visit students.otc.edu/counselingserives to take a free online screening