



PENNY HOLBURN COACHING

It's about You and Results

8 Warning Signs of an Unhealthy Relationship

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Relationships are fraught with challenges. In some ways this is needed in order that we grow and learn. It is close to impossible that we would meet someone and everything would be perfect for ever after. We are after all talking about two human beings who have different lives, different upbringings, and will have different opinions and interests, even if it seems at first that they are quite similar. Part of entering a relationship means to be open to learning and growing. So one of the most important requisites for a relationship is that you have a partner who is willing to do just that - prepared to examine themselves, the relationship, their relating patterns and habits, and make changes if necessary. Relationships that endure are works in progress.

However there are certain behaviours that indicate a "no go", especially if you or your partner are not open to recognising problems and fixing them. If you recognise any of the following, and you or your partner is not prepared to discuss and deal with them, be careful.

1. You or your partner try to cut the other off from their friends and family support networks. Isolating a partner from their support is a classic fore-runner to an abusive relationship.
2. When one of you says "No" to something because you really, really don't want to do it, and the other refuses to accept the "No". You need mutual respect in a relationship and that means respecting the right of the other to say no.
3. You or your partner dismiss the other's emotions, especially fear. For example, you are scared because your partner is driving fast and recklessly and your partner refuses to slow down despite you voicing your fear.
4. You or your partner think less of themselves since the relationship started. When you were single or in a previous relationship you had a much higher regard for yourself and your capabilities.
5. You or your partner mock the other in a mean way. For instance, your partner mocks your facial expressions, or a mistake you made, or an accident you had.
6. You or your partner repeatedly lie to one another.
7. You or your partner is worried that one of you might get so angry they will harm the other.
8. You or your partner frequently compare the other less favourably with other people. For instance, others are always better looking, more successful, nicer people etc. than the partner.