

# AN UNHEALTHY RELATIONSHIP IS WHEN MY PARTNER:

Makes me feel afraid

—

Tries to control me

—

Is jealous

—

Regularly criticises me

—

Makes me feel like I'm  
walking on eggshells

—

Makes me feel blamed

—

Loses their temper easily

—

Has hit me or almost  
hit me

—

Criticises my friends  
and family

—

Calls me names and  
threatens me

—

Makes all the decisions

—

Embarrasses me  
in front of others

—

Is always checking up  
on me

—

Is sexually demanding

*If you recognise any of these  
signs you may be in  
an unhealthy relationship.*

**Call the Women's Aid 24hr National  
Freephone Helpline 1800 341 900**

# A HEALTHY RELATIONSHIP IS WHEN MY PARTNER:

- Treats me as an equal
- 
- Listens to me
- 
- Makes me feel safe
- 
- Respects my opinions
- 
- Is truthful with me
- 
- Respects my preferences
- 
- Is happy for me when  
I enjoy time with friends  
and family
- 
- Tries to understand  
my viewpoint
- 
- Trusts me
- 
- Accepts me as I am
- 
- Supports my need for  
time alone
- 
- Supports my choices

**TOO  
INTO  
you**

**toointoyou.ie**