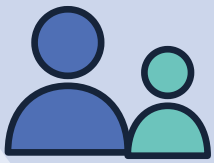
ADULTS | EDUCATIONAL GUIDE

Recognizing Unhealthy Relationship Dynamics



WHAT THIS IS

Unhealthy patterns can be subtle: over time they can erode your confidence and safety. Naming them is the first step to deciding what to do.

HOW TO USE IT

1. Name one pattern.
2. Tell one trusted person.
3. Learn about support options.

EXAMPLE

"I realized I'd stopped seeing my friends. That's a sign I should look closer."

Patterns to notice

- Walking on eggshells
- Control over money, time, or friends
- Constant criticism or contempt
- Gaslighting: making you doubt your reality
- Cycles of tension, blowup, and "making up"

Steps you can take

- Trust your feelings
- Talk with someone safe
- Keep a record of what happens
- Plan for safety if needed
- Seek counseling or advocacy support

If you are unsafe: National Domestic Violence Hotline 1-800-799-7233 (text START to 88788). In an emergency call 911. For crisis support call or text 988.

Reflect

What patterns do I notice that concern me?

Who is safe for me to talk to?

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