
SIGNS YOU'RE IN A TOXIC RELATIONSHIP



- ★ **Controlling behavior**, if you feel like your partner constantly needs to know where you are at all times and gets mad when you don't answer texts, that is **controlling behavior** which roots form jealousy or the need to be in control
- ★ **Constant stress**, you may feel like something like going out with your friends may make your partner upset and/ or angry, and the thought of telling them you want to go out without them may cause you tremendous amounts of **constant stress** or you walk on eggshells around them to prevent an outburst
- ★ **Mistrust and constant suspicions**, your partner may be jealous which is a normal human instinct, but when they start to constantly **mistrust** you and always have **suspicious** you are cheating that is not healthy
- ★ **Abuse**, this can mean physical and/or emotional. Any form of abuse is a big NO, especially in relationships. Your partner may tell you they “will change” and they “love you so much”, but the truth is they will most likely not change and you need to take care of yourself

If you have experienced this in your relationship and need someone to talk to, but want to remain anonymous please call or text Parents Inc. Family Helpline

1-800-THE-KIDS or 1-800-843-5437

SETTING BOUNDARIES

Believe it or not setting boundaries is a form of self-care. It shows your friends, your boyfriend or girlfriend, and family how you want to be treated

HOW TO SET BOUNDARIES.....

- ★ First, you must know that you deserve to be treated with respect and kindness
- ★ Second, think of how you're currently being treated by your significant other and the boundaries you already have set in place
- ★ Third, what are things you need in your relationship that you're not currently getting. Begin to come up with new boundaries
- ★ Fourth, set your new boundaries in place! Respectfully and calmly discuss your boundaries with your significant other, friends, and family

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