

9 Ways to Tell That Your Relationship is Toxic

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 Toxic Relationship
RECOVERY PROJECT

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It's not always easy to tell if your relationship is toxic when you're on the inside, so this worksheet will guide you through the telltale signs that your partnership isn't the happy and healthy one you think it is.

Some of the traits and characteristics may not be appropriate for you – no two relationships are exactly the same, but if you're ticking more boxes than not, chances are high that your relationship is toxic.

- 1. You have the same fight over and over again
- 2. Your partner is abusive
- 3. You no longer feel safe around your partner
- 4. Your partner gaslights you
- 5. You're just not happy in your relationship
- 6. You're isolated from your friends and family
- 7. Your partner believes they are a victim
- 8. You say yes to things you don't want to do
- 9. You defend your partner and your relationship

Every relationship has its ups and downs, it's true, and in many cases you'll be able to navigate through the negativity to feel comfortable and happy again. When your relationship is toxic, however, you'll find it impossible to steer through the murky, drama filled relationship that makes you feel stressed and terrible about yourself.

If you ticked yes to several of these relationship and personal characteristics then yes, your relationship sounds like a toxic one. That doesn't mean you can't be happy again as there are ways you can recover your lost identity and feel like you again.

Read on to discover what these traits and characteristics really mean, and how you can tell if you're experiencing them in your relationship right now.

Toxic Relationship Traits Explained

You have the same fight over and over again

It doesn't matter what you've tried to resolve things, from admitting you were wrong and taking the blame to trying to find solutions you both agree with, if the same fight keeps cropping up then one or both of you aren't willing to accommodate the needs of the other.

Give and take is vital for a healthy relationship, but when one partner is taking more than the other then fights will happen because this is toxic behavior.

Your partner is abusive

Abuse can take many forms from yelling at you to getting physical, demanding money or sexual abuse. Any form of controlling behavior from your partner that they use to make them feel superior to you, or to gain new resources (like access to your bank account) is a clear sign that they're toxic.

You no longer feel safe around your partner

Do you feel nervous, tense and on edge when you're around your partner? Feeling vulnerable and scared from your partner's thoughts and actions is a clear sign that your relationship is toxic, particularly if they don't appear to be remorseful for how they make you feel.

If you've attempted to discuss this with your partner and been brushed off or told you're imagining things, your partner is unlikely to change their behavior towards you.

Your partner gaslights you

Mind games are often used by toxic people to control their partners. Gaslighting is where they make you doubt yourself by telling you that your memory is wrong or you're mistaken over something that happened. If you're used to hearing "are you sure", "that's not how I remember things" or "you know you tend to misremember things", it's a good indication that they're playing mind games with you.

You're just not happy in your relationship

You long for the good days at the start of your relationship when you were both happy and enjoying the time you spend with each other. Do you feel loved? Is your partner doing everything they can to make you feel happy and fulfilled? If the answer is no, then the relationship is certainly unbalanced – add any of the other behaviors outlined above and you're likely to have a toxic relationship on your hands.

You're isolated from your friends and family

When was the last time you spent some quality time with your friends and family without feeling the need to rush back to your partner? Maybe you've had to relocate for their job and you feel unable to talk to your close ones?

If you don't feel free to speak to those you care about whenever you like, your partner has made you feel isolated through their toxic behavior.

Your partner believes they are a victim

Are they always questioning "why me?" and blaming everything that happens to them on someone or something else? If they have a pessimistic outlook and always see themselves as a victim in any situation, they're likely to make that a reality and cause issues within your relationship.

You say yes to things you don't want to do

Do you have healthy boundaries in your relationship? When you really don't want to spend all afternoon at the soccer match with your partner, are you able to say no and spend time doing what you love instead?

Boundaries can quickly become blurred in a toxic relationship so not being able to say no is a clear sign that you feel unable to stand up for yourself or put yourself first.

You defend your partner and your relationship

Have you found yourself answering with a "yeah but" to these telltale signs of a toxic relationship? If you feel the need to constantly justify their actions and explain why your relationship is different to the norm to friends and family, chances are you already know that it's a toxic one.

Think you're in a toxic relationship?

Check out my website for my latest blogs and resources on how to deal with toxic people, bad relationships and addressing behaviors and traits outlined in this worksheet. Alternatively, visit the contact page to get in touch to discover how I can help you recover from your toxic relationship.



Hi, I'm Daniel Lichtman. Psychotherapist and Toxic Relationships Expert

I'm a relationships specialist who will champion you as a high-functioning professional through your interpersonal relationships at work and at home so that you can build on your success, satisfaction and happiness wherever you are and whoever you're with.

Get in touch with me now to find out more.

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