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Is my relationship unhealthy?

Know and spot the warning signs that a relationship is headed in the wrong direction.

If your partner does anything listed here, it's a sign that your relationship is unhealthy:

- Calls you names, insults and threatens you
- Criticizes constantly (e.g., "You can't do anything right!")
- Damages or destroys your things
- Checks up on you or makes you check in constantly
- Doesn't let you see friends and family or go anywhere/do anything without him or her
- Pressures you into doing things you don't want to do
- Accuses you of cheating, being unfaithful or flirting with someone else
- Ignores you
- Stops you from making your own decisions, having a job or having access to money



Helplines and Resources

Centers for Disease Control and Prevention: Dating Matters® Initiative
www.cdc.gov/violenceprevention/datingmatters

Helpguide.org
www.helpguide.org/category-pages/relationships.htm

I Wanna Know
www.iwannaknow.org

Love Is Respect
www.loveisrespect.org

National Sexual Assault Hotline
800-656-HOPE (4673) | https://hotline.rainn.org

National Domestic Violence Hotline
1-800-799-SAFE (7233) | www.thehotline.org

The Office on Women's Health, U.S. Department of Health and Human Services
www.womenshealth.gov

TwoOfUs.org
www.twoofus.org

Smartphone Apps

Circle of 6
This free Android/iPhone app uses text messaging to contact your circle of supporters and let them know where you are and what you need. It takes two touches to get help, uses GPS to locate you when needed and connects to reputable domestic violence organizations.

www.circleof6app.com

Aspire News
Disguised behind front-page news headlines, this free Android/iPhone app is a helpful resource for victims of domestic violence. The help section links users with hotlines, resources, quizzes and advice. Alert your preset group of trusted contacts by tapping the top of the application frame/bar three times.

www.whengeorgiasmiled.org/aspire-news-app

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Veterans Health Administration
Bay Pines VA Healthcare System

Are You in a Healthy Relationship?



Learn tips for a healthy relationship and the warning signs of an unhealthy one!

Bay Pines VA Healthcare System
727-398-6661 or **888-820-0230**

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Relationship Quiz

Check all questions you answer with "yes":

- ☐ **Have you ever heard the words, "It will never happen again," but it did happen again?**
- ☐ **Have you ever lied to someone about how you were hurt?**
- ☐ **Do you ever feel that you need to be extra careful to avoid making your partner angry?**
- ☐ **Does your partner make fun of you in a mean way or make you feel bad in public?**
- ☐ **Do you keep your opinions to yourself?**
- ☐ **Have you ever been accused of lying about where you were or whom you were with?**
- ☐ **Have you ever been accused of flirting or cheating, or does your partner act jealous?**
- ☐ **Has your partner ever damaged anything while angry?**
- ☐ **Are you frequently threatened?**
- ☐ **Have you felt that you can't do anything right or nothing you do is ever good enough?**
- ☐ **Does your partner try to control where you go, whom you see and what you do?**
- ☐ **Is your partner always "right," even when he or she is wrong?**

Talk to your VA Provider if you answered "yes" to any of the questions. You may be in an unhealthy relationship!

Healthy Relationship Basics

Be honest

- ✓ It is important to feel safe and comfortable speaking openly and honestly with your partner.
- ✓ Honesty builds **trust**.
- ✓ Your partner knows the real you, and you know who he or she really is.

Respect boundaries

to keep the passion alive in your relationship:

- ✓ Give each other space and enjoy personal time without making each other feel guilty.
- ✓ Spend time with friends and family.
- ✓ Pursue your own interests and hobbies.

Communicate

- ✓ Learn to give and receive.
- ✓ Talk to your partner about your likes, dislikes, hopes, dreams, fears and worries.
- ✓ During disagreements, be open and talk it out.
- ✓ Don't let anger build up.
- ✓ Avoid blaming and attacking, and really try to hear and understand your partner's point of view.



Don't use negative language

that exaggerates, puts down, attacks or hurts your partner:

- ✗ "What's wrong with you?"
- ✗ "It's your fault!"
- ✗ "You never get it right!"
- ✗ "That's a stupid idea."
- ✗ "You don't know anything."

Use positive language

to compliment, show thanks, encourage and boost your partner's spirits:

- ✓ "I believe in you."
- ✓ "You can do it!"
- ✓ "I feel happy when we're together."
- ✓ "That shirt looks great on you."
- ✓ "I think you're beautiful/handsome."
- ✓ "Thank you for helping with the chores."
- ✓ "Would you like to go to the movies together?"

Know that it's OK

to say things like:

- ✓ "Please don't talk to me that way."
- ✓ "I don't like being teased."
- ✓ "I don't want to have sex."
- ✓ "I need some time to think."

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