

# **AN UNHEALTHY RELATIONSHIP IS WHEN MY PARTNER:**

**Makes me feel afraid**

–

**Tries to control me**

–

**Is jealous**

–

**Regularly criticises me and  
calls me names**

–

**Tells me what I can  
or can't wear**

–

**Makes me feel blamed**

–

**Loses their temper easily**

–

**Criticises my friends and family**

–

**Demands to look  
through my phone**

–

**Has threatened to hurt me**

–

**Makes all the decisions**

–

**Is always checking up on me**

–

**Shares or threatens to share intimate  
images or videos without my consent**

–

**Forces or pressures me to do sexual  
things I don't want to**

**If you recognise any of  
these signs, you might be in an  
abusive relationship.  
Find support & information  
at [toointoyou.ie](http://toointoyou.ie)**

**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***

Are they **Too Into You?**  
Take the Relationship  
Quiz at **toointoyou.ie**