



What Love Is...What Love Isn't... Healthy vs Unhealthy Relationships



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Healthy vs Unhealthy Relationship

Is my relationship healthy or not? Ask yourself the following questions:

- How do you feel when you're around them?
- How do you feel AFTER being around them?
- How do you act around them compared to how you act around other people?
- What do you like/dislike about the relationship?



How Do You Feel?

HEALTHY

- Cared for
- Respected
- Trusted
- Listened to
- Believed in
- Encouraged

UNHEALTHY

- Y Neglected
- Disliked
- Doubted
- Ignored
- Disregarded
- Disapproved



Healthy Relationships

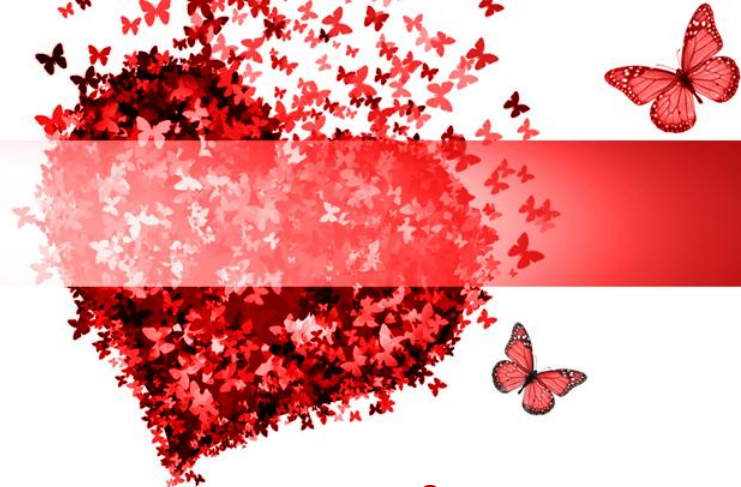
- Communication- open and honest; you problem-solve together and compromise
- Non-threatening- you feel safe
- Respect- listen without judgment; valued; emotionally affirming and validating
- Trust & Support- supporting each others goals; respect each others feelings, friends, opinions



Healthy Relationships



- Honesty & Accountability- admit when you are wrong
- Shared Decision Making- mutual responsibility & equal influence
- Self confidence & personal growth- respect for personal identity and encouraging individual freedoms
- Negotiation & Fairness- seeking resolutions to conflict and accepting changes



How Do You Feel?

If you consistently (meaning more often than not) feel the following, you may be in an unhealthy relationship:

- Abandoned
- Abused
- Neglected
- Depressed
- Afraid
- Disrespected





Volatile Relationships



<https://www.fox16.com/klrt-good-day/building-relationships-are-you-in-a-volatile-relationship-/1863102446>



Signs of an Unhealthy Relationship



- Constantly checking your phone
- Always checking where you are
- Belittling or degrading
- Constantly reminding you of your past
- Making you feel guilty for your past mistakes
- Enabling behaviors
- Tempting you with your weakness



Red Flag #1- Love is NOT

Letting your partner define you-

- You've lost your identity
- You start neglecting yourself or
- You feel pressure to change to meet their expectations.
- You can't have your own opinion for fear of judgement, "getting in trouble," or being criticized or ridiculed



Red Flag #2- Love is NOT

Having to always justify your actions- You have to seek approval for everything you do- where you go or who you see.



Red Flag #3- Love is NOT

Feeling trapped or stagnant in your relationship

- Or you feel guilty for wanting out of the relationship. You justify staying because you don't deserve anyone better.



Red Flag #4- Love is NOT Jealousy, Possessive or Controlling Behavior

- Accusations of cheating all the time.
- Trying to control who you can see
- Manipulating you into believing you are a bad person or you've done something wrong.
- They become the victim

Red Flag #5- Love is NOT

Aggressive or Abusive behaviors

- This includes verbal or physical aggression such as temper outbursts, threats, and destructive behaviors, constant ridicule, insults, demeaning language, physical violence, or forced sex (rape).





Substance Abuse & Domestic Violence

The Connection Between Domestic Violence and Drug Abuse



<https://youtu.be/p2Lmk9H54oc>



Red Flag #6- Love is NOT

**Feeling obligated to have sex to
“make them happy” or “keep
the peace.”**

- “That’s your job”
- They force you to have sex when you say no (rape).
- You justify it saying- “If he doesn’t get sex from me, he will get it somewhere else.”



Red Flag #7- Love is NOT

Having a lack of privacy-

- Having a requirement to share everything with them (even the smallest detail or there are consequences) or they check and track everything you do



Red Flag #8- Love is NOT

Use of force or coercion-

- They threatens to harm you or they threaten to harm themselves (Ex: I'll kill myself if you leave; If I can't have you nobody will).



Controlling Relationships

Many times they may-

- Be overly critical- nothing you do ever seems right
- Make decisions for you rather than asking first
- Be a dictator- telling you and not asking you to do things
- Try to manipulate you to get what they want (withhold love or affection)



Controlling Relationships

Many times they may-

- Be spiteful- “you hurt me now I’ll hurt you”
- Be demanding- “you better do as I say”
- Be inconsiderate of your feelings because theirs are more important
- Make threats to get their way (I’ll leave if you don’t...)



Controlling Behaviors

- Mind games
- Making you feel crazy
- Treating you like they own you
- Threatening you with weapons
- Using jealousy to justify actions
- Threatening to spread your secrets
- Threatening to hurt you or themselves
- Blaming you for their behavior

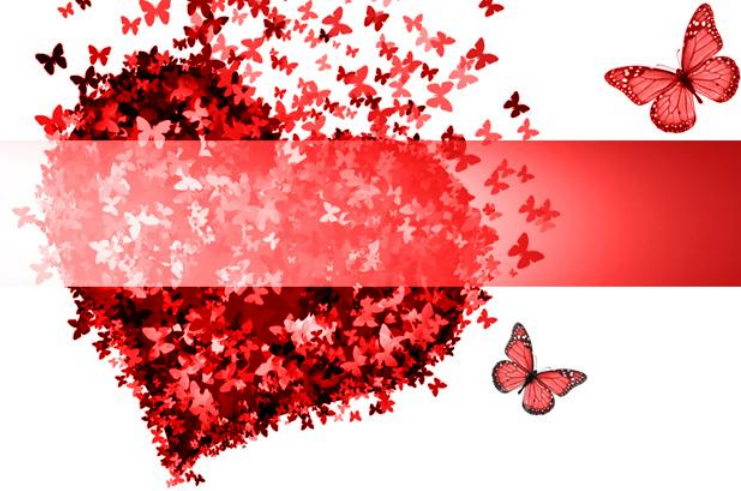


Control: Domestic Violence

Living through
crazy love |
Leslie Morgan
Steiner |
TEDxRainier



<https://www.youtube.com/watch?v=INJjEZoRKqM>

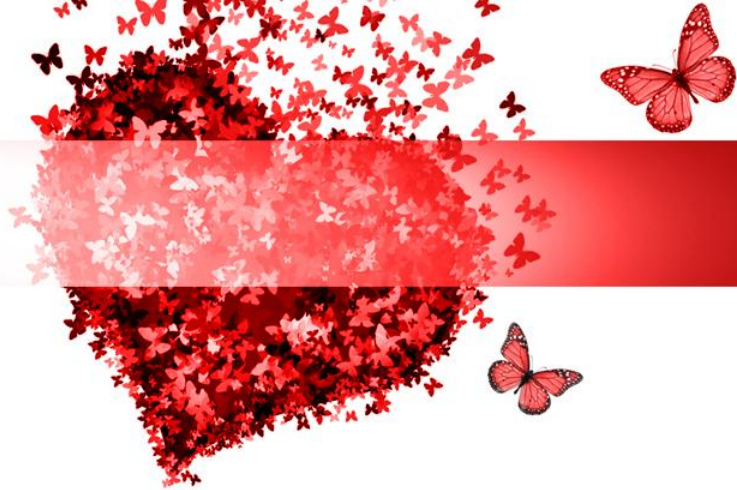


WHAT SHOULD YOU DO?



Ask yourself:

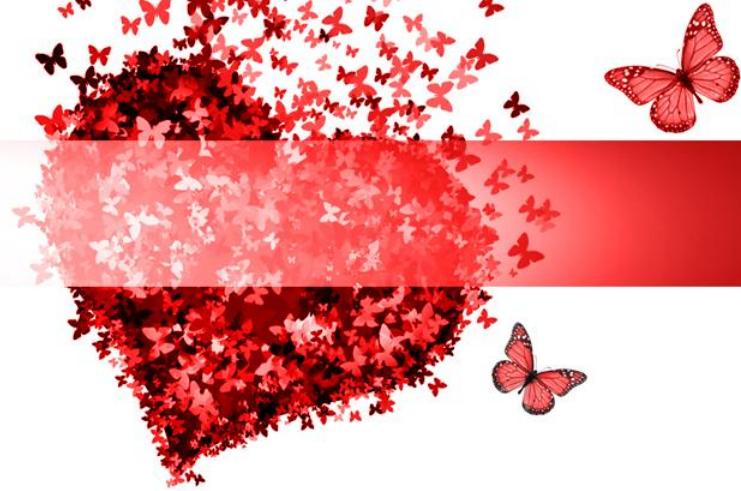
- 1) Has this gone to far?
- 2) Have I allowed this behavior by not speaking up and expressing my feelings?
- 3) Am I happy?
- 4) What am I afraid of?
- 5) Who can I talk to?
- 6) Is it worth it?
- 7) How can I get help?



- You deserve to be happy
- You deserve respect
- Your feelings matter
- You are in control

You relationship can be

AMAZING



ROLE PLAY ACTIVITY



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