Should I stay or should I go now?
How to recognize unhealthy relationships and get out
PART I

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“Red flags” of an unhealthy relationship

- My partner:
  - ...tells me what to do.
  - ...what to wear.
  - ...puts me down, insults me, and calls me names.
  - ...makes me have sex when I don’t want to.
  - ...threatens to “out” me.
  - ...keeps me from my friends and/or family.
  - ...holds me down/pushes me.
  - ...plays mind games (e.g., “If you loved me, you would...”, “If you don’t do X, I’ll kill myself.”).
  - ...reads my email or texts without permission.

Stats of unhealthy relationships.

- Violent dating relationships occur as early as high school.
  - 25% of teens report verbal, physical, or sexual abuse from a dating partner each year.
  - About 10% of students across the US report being physically abused by a dating partner in the past 12 months.

- Violent dating/intimate relationships continue in adulthood.
  - Each year, women experience 4.8 million intimate partner assaults/rapes and men experience 2.9 million.
  - In 2005, 1510 deaths were due to violence in an intimate relationship (78% women; 22% men).

- Stats are similar for same-sex relationships, but unfortunately less resources are available.

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