

# Relationships That Don't Work



## Unhealthy, Destructive Elements in Relationships

### Non-Supportive Behaviour

Non-supportive behaviour may include

- finding fault with each other
- attempting to change one's partner, or having to change against one's beliefs
- allowing jealousy to become controlling (e.g., suspicion of possible rivals, fear of losing someone's affection)
- telling lies and keeping secrets
- being manipulative
- being afraid to express personal feelings because of possible negative consequences
- experiencing or causing feelings of inadequacy and diminished self-esteem within a relationship

### Abusive Behaviour

Abusive behaviour may include

- **verbal abuse**—making put-downs or sarcastic remarks, giving insults, swearing, making threats
- **emotional abuse**—giving the silent treatment, ignoring, neglecting to keep promises, withholding attention, affection, or friendship
- **physical abuse**—slapping, hitting, punching, pushing, and so on (does not necessarily leave bodily injury)
- **sexual abuse**—making any unwanted sexual contact, ranging from kissing to intercourse; sexual behaviour occurring because of coercion, threats, trickery, or pressure

### Controlling Behaviour

Controlling behaviour may include

- telling someone how to dress, what to say, or how to act
- insisting on knowing others' whereabouts and who they have been with
- dictating who someone can associate with
- making all the decisions