

# 10 SIGNS OF A TOXIC RELATIONSHIP

**1. They demand to be your ONLY focus:** Sure new love is overwhelming, but if they start to cut you off from family & friends, that's not healthy. Also, if your friends don't like them, see that as a red flag that you & your love interest might not have a lot in common.

**2. Pressure to push past your sexual boundaries:** It's not a sign of passion if they can't keep their hands off you & continue to push past sexual boundaries. It's a sign of selfishness & disrespect. Real love exercises self-control.

**3. You feel farther from God:** Healthy, secure love will encourage you toward God, not away. If you feel shame & guilt or even feel put down for your commitment to God, you're in a mismatch!

**4. They ridicule you: in public &/or in private:** Teasing & joking is one thing, but ridicule is never okay & is a sure sign of insecurity. Real love will build up & make you feel "I've got your back."

**5. Constant drama:** Any relationship may have moments of frustration or misunderstanding but tension & yelling & accusation on a regular basis is a huge red flag. Is this the atmosphere you want for life? What about for future kids?

CHANA KEEFER

**6. They control: "My way or the highway":** It's *their* choice, *their* friends, *their* plans & you are expected to bow to their wants & needs. That's not a relationship. That's a master & slave & you might be dealing with a classic narcissist.

**7. They are rude to those who serve them:** Do they bully the waitress, yell if their coffee order isn't right, or pitch a fit if a service worker makes a mistake? Do they take the ones who love them the most & have done the most for them for granted—for example, their Mom & Dad? If you stick with them, someday you will be their doormat.

**8. They are Fearful, Untrusting & Suspicious when you're away:** Sure it's sweet for them to miss you, but if they're texting non-stop or calling just to be sure you're not with someone else or having fun without them, it's a control issue motivated by insecurity & fear.

**9. Substance Abuse/Lack of Self-Control:** This is about habits. What do they turn to when life is tough? Do they think a fun time has to include alcohol or even mind-bending drugs? This is a horrible trend that tears families apart.

**10. Atmosphere of Criticism:** Do you feel picked-at or never able to be perfect enough for them? Do they compare you to the beauty, earning power, status, etc. of others? This is most likely how they talk to themselves on the inside, but now you represent them & that insecurity will include YOU. Plus, their fear of losing you causes them to belittle you so you will not feel worthy of better treatment.  
(Read 1 Cor. 13)