What Unhealthy Relationships Look Like During COVID-19

onelove

With everything happening in the world right now, it's clear that we all need love more than ever. It can be challenging at times to practice healthy behavior while living in such close quarters. But these 10 signs and corresponding examples are red flags to look out for during COVID-19.

While everyone does unhealthy things sometimes, we can all learn to love better by recognizing unhealthy signs and shifting to healthy behaviors. If you are seeing unhealthy signs in your relationship, it's important to not ignore them and understand they can escalate to abuse. If you think you are in a dangerous situation, trust your gut and get help.
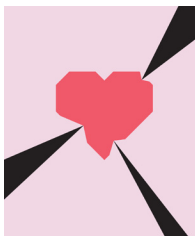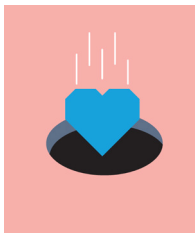
Unhealthy Sign

COVID-19 Example

Intensity
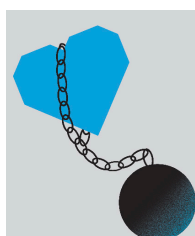When someone expresses very extreme feelings and over-the top behavior that feels overwhelming.

- Expecting a friend or partner to respond quickly to texts/calls or spend all day in-person with you because you are home
- Relationships escalating faster than normal: self-isolating together after a short time or being unable to leave an unhealthy/abusive situation because of quarantine

Manipulation
When someone tries to control your decisions, actions or emotions.

- Using shelter-in-place to prevent someone from leaving a location for permitted activities
- Pressuring someone to meet up despite social distancing

Sabotage
When someone purposely ruins your reputation, achievements, or success.

- Withholding or purposefully using limited resources like medical supplies, food, WiFi, transportation, or money
- Not respecting communicated boundaries (ex. breaking quiet hours during work from home or carelessly risking others' exposure to COVID-19)

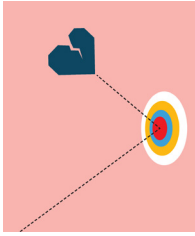### Guilting
When someone makes you feel responsible for their actions or makes you feel like it's your job to keep them happy.

- Making someone feel bad for having conversations about boundaries in your shared living space
- Expecting someone to be okay sending or receiving explicit photos/messages (esp. with lack of physical contact)
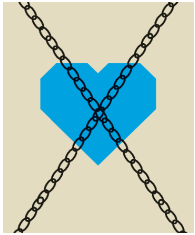
Unhealthy Sign	COVID-19 Example

Deflecting Responsibility

When someone repeatedly makes excuses for their unhealthy behavior.

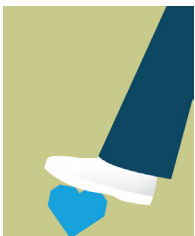- Using the current situation as an excuse for unhealthy behaviors (ex. yelling at someone and blaming it on stress)

Possessiveness

When someone is jealous to a point where they try to control who you spend time with and what you do.

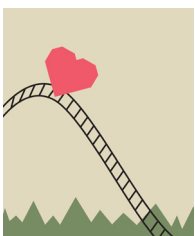- Demanding that someone share their location or who they're talking to/texting throughout the day while in quarantine

Isolation

When someone keeps you away from friends, family, or other people.

- Pressuring someone into quarantining with them instead of family or friends
- Expecting someone to stay on the phone/FaceTime all day (or more than normal) to limit their interaction with others

Belittling

When someone does and says things to make you feel bad about yourself.

- Putting someone down for their work habits, snacking, or clothing choices while in quarantine
- Making fun of someone for their level of concern about COVID-19

Volatility

When someone has a really strong, unpredictable reaction that makes you feel scared, confused or intimidated.

- Lashing out or having extreme reactions to things beyond one's control like WiFi cutting out, not being able to leave the house, or more people than normal in shared spaces
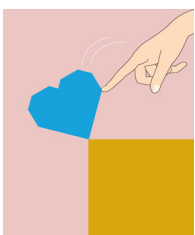
Betrayal

When someone is disloyal or acts in an intentionally dishonest way.

- Exposing others in your living space to COVID-19 by not taking proper precautions to keep yourself safe
- Not being honest with people you interact with when you begin to show symptoms of COVID-19

Learn more about healthy and unhealthy relationships at joinonelove.org.