



10 SIGNS OF AN UNHEALTHY RELATIONSHIP LGBTQ+ EDITION



Sign	Definition	Examples
MANIPULATION	When someone tries to control your decisions, actions, or emotions.	<ul style="list-style-type: none"> → Trying to convince someone to stay in the closet or to come out before they are ready. → Pressuring someone to transition (i.e. gender expression, medical interventions, etc.), or to not transition.
INTENSITY	When someone expresses very extreme feelings and over-the top behavior that feels overwhelming.	<ul style="list-style-type: none"> → Making someone feel obligated to date, spend more time with, or get more serious with a partner because of a lack LGBTQ+ community. → Sharing resource after resource, pushing involvement in community organizations or sending multiple articles/posts/videos to someone immediately after they come out to you in an effort to "show your allyship."
ISOLATION	When someone keeps you away from friends, family, or other people.	<ul style="list-style-type: none"> → Using the fact that someone isn't out yet to force them to rely completely on one person for their emotional and/or financial support. → Preventing a person from interacting with other LGBTQ+ people, or with non-LGBTQ+ people.
SABOTAGE	When someone purposely ruins your reputation, achievements, or success.	<ul style="list-style-type: none"> → Outing someone to get them fired, kicked off a team, or kicked out of their home. → Taking away or blocking someone's access to hormones, binders, or other gender-affirming resources.
DEFLECTING RESPONSIBILITY	When someone repeatedly makes excuses for their unhealthy behavior.	<ul style="list-style-type: none"> → Blaming problems on someone's LGBTQ+ identity or using a partner's identity or one's own identity as an excuse for behaving in unhealthy ways. → Justifying erratic behavior around the lack of acceptance of LGBTQ+ identity..





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GUILTING	When someone makes you feel responsible for their actions or makes you feel like it's your job to keep them happy.	<ul style="list-style-type: none">→ Making someone feel bad about their identity, their unsureness around their identity, their dating history (ex: biphobia), or how out they are to friends/family/etc.→ When someone uses their personal struggles of coming out, mental health, or family conflict to make you feel bad.
POSSESSIVENESS	When someone is jealous to a point where they try to control who you spend time with and what you do.	<ul style="list-style-type: none">→ Using stereotypes about bi or pan identities to say who someone can or cannot hang out with or where they can or cannot spend time.→ Demanding someone quit performing drag because of the positive attention and interactions they get from their audience.
VOLATILITY	When someone has a really strong, unpredictable reaction that makes you feel scared, confused or intimidated.	<ul style="list-style-type: none">→ Reacting extremely negatively or aggressively to another person coming out.→ Bursting into tears, or expressing extreme despair, when corrected about using the wrong name or pronouns.
BELITTLING	When someone does and says things to make you feel bad about yourself.	<ul style="list-style-type: none">→ Telling someone who is transitioning that their hormones must not be working.→ Showing someone photos of queer celebrities who "dress better," to make them feel bad about not spending money (or having extra money to spend) on a wardrobe more aligned with their gender expression.
BETRAYAL	When someone is disloyal or acts in an intentionally dishonest way.	<ul style="list-style-type: none">→ Outing someone without their consent→ Intentionally using incorrect pronouns. and/or a person's deadname in private or public.



10 SIGNS OF A HEALTHY RELATIONSHIP

LGBTQ+ EDITION



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COMFORTABLE PACE	The relationship moves at a speed that feels enjoyable for each person.	<ul style="list-style-type: none">→ Asking for consent as a couple discovers their physical relationship, particularly relating to partners who are exploring different aspects of their gender identity.→ Respecting a person's timeline in their coming out process.
TRUST	Confidence that your partner won't do anything to hurt you or ruin the relationship.	<ul style="list-style-type: none">→ Feeling safe to express your full self – sexual orientation, gender identity, and gender expression.→ Asking and answering questions about each other's gender experience.
RESPECT	You value one another's beliefs and opinions and love one another for who you are as a person.	<ul style="list-style-type: none">→ Using correct gender pronouns and name.→ Avoiding the utilization of fetishization and stereotypes.
FUN	You enjoy spending time together and bring out the best in each other.	<ul style="list-style-type: none">→ Working together to find safe and brave places where you and your partner can enjoy each other's company without fear of judgement.→ Getting involved in LGBTQ+ communities together.
HEALTHY CONFLICT	Openly and respectfully discussing issues and confronting disagreements non-judgmentally.	<ul style="list-style-type: none">→ Communicating and balancing each partner's needs in an ethically non-monogamous relationship.→ Discussing different comfort levels when it comes to public displays of affection in different settings.
HONESTY	You can be truthful and candid without fearing how the other person will respond.	<ul style="list-style-type: none">→ Being honest about your personal exploration of your sexual orientation or gender identity if it has changed over the course of the relationship.→ Truthfully sharing HIV/AIDS status if appropriate.



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Sign	Definition	Examples
INDEPENDENCE	You have space to be yourself outside of the relationship.	<ul style="list-style-type: none"> → Encouraging your bi partner to find LGBTQ+ community, even though you are straight. → Exploring the LGBTQ+ subcultures that you're passionate about (like school clubs, fundraisers, or sports leagues), and encouraging your partner to do the same.
EQUALITY	The relationship feels balanced, and everyone puts the same effort into the success of the relationship.	<ul style="list-style-type: none"> → Avoiding heteronormative assumptions about relationship dynamics (i.e. butch/femme) to ensure both people have an equal say in the relationship. → Balancing the emotional labor of keeping in touch with friends or family members who might not be as supportive of the LGBTQ+ community.
TAKING RESPONSIBILITY	Owning your own actions and words.	<ul style="list-style-type: none"> → Openly apologizing if you misgender/deadname someone. → Working through your own internalized homophobia/transphobia so that you don't take out your feelings on your partner.
KINDNESS	You are caring and empathetic to one another and provide comfort and support.	<ul style="list-style-type: none"> → Being understanding and supportive of people's timelines for coming out. → Communicating your love and acceptance for loved ones going through a transition in gender expression, identity, or sexual orientation.

