Mémo de Vie

Is my romantic relationship normal?

If you often feel uncomfortable, controlled, put down, or unsafe, then no, your relationship is probably not healthy. If you feel free, respected, listened to, and safe, without fear or pressure, then your romantic relationship is healthy.

When we are together, he/she:

❌ always tells me I'm wrong
😔 belittles my choices, plans, or desires
👗 makes hurtful comments about my clothes or appearance
😨 makes me feel scared when I try to give my opinion or talk about certain things
💢 insults me, sometimes or often
💥 punches walls, throws or destroys objects when angry
✋ has already hit, slapped, pushed, shoved, or choked me
⚠️ has threatened to commit suicide because of me, or to harm me
🚫 persists when I say no to sexual intercourse
🔻 pressures me into doing things I do not want to do during intimacy.

When I go out, he/she:

- Prefers that we stay together rather than me seeing my family or friends,
- Does not like it when I go out alone or see people without them,
- Questions me intensely when I come home,
- Puts down my friends and family,
- Prevents me from seeing my loved ones,
- Accompanies me everywhere, even to work,
- Accuses me of having affairs,
- Forces me to change my clothes when I go out,
- Monitors my phone, messages, and social media,
- Belittles me in front of others

At home, he/she:

👉 Tells me that they should be the one to decide everything,
👉 Tells me it is better that I stay at home and do not work,
👉 Does not contribute, or barely contributes, to household expenses,
👉 Controls my money and my spending,
👉 Borrows and spends my money without ever paying it back,
👉 Prevents me from going out,
👉 Has taken my belongings.

Sometimes you tell yourself:

👉 It's my fault, I don't do anything right
👉 I pushed them too far, it's my fault
👉 If I weren't so difficult, they wouldn't be like this
👉 If they weren't so stressed right now, it wouldn't be the same
👉 They love me too much, that's why they act like this
👉 Given what they have been through, it's normal that they react like this

Are you unsure? Are you having doubts?

If you recognize yourself in even one of these statements, we advise you to talk to someone. You may be in an unbalanced, unhealthy relationship, and your situation could involve domestic violence.

You could talk to someone you trust, request a call back from 116 006, or contact one of the numbers listed in the "Contacts" section in order to be listened to, helped, and supported.