

TOXIC RELATIONSHIP CHECKLIST

INSTRUCTIONS: This checklist aims to help you identify potential signs of a toxic relationship, which can occur in any type of relationship, not necessarily romantic ones. Please review each item carefully and mark whether it applies to your current relationship.

Checklist: Assess each item with "Yes" or "No." You can mark the boxes with ✓ or ✗

- 1. Constant Criticism:**
Does the person frequently criticize or belittle you, undermining your self-esteem and confidence?
- 2. Manipulative Behavior:**
Do they use manipulation or guilt-tripping to control your actions or decisions?
- 3. Lack of Empathy:**
Does the person show little or no empathy towards your feelings, needs, or struggles?
- 4. Excessive Jealousy:**
Are they overly possessive and jealous, not respecting your personal boundaries and friendships?
- 5. Emotional Volatility:**
Does the person have extreme mood swings or outbursts of anger that make you feel uneasy or scared?
- 6. Gaslighting:**
Have you experienced gaslighting, where the person denies your perceptions, feelings, or experiences, making you doubt yourself?
- 7. Controlling Behavior:**
Does the person exert control over your choices, activities, or relationships with others?
- 8. Lack of Respect:**
Do they disregard your opinions, dismiss your feelings, or treat you disrespectfully?
- 9. Constant Drama:**
Does the relationship feel like a roller-coaster of drama and chaos, with little stability?

10. Boundary Violations:
Do they consistently cross your personal boundaries, even after you've expressed discomfort?
11. Negative Influence:
Does the person encourage or engage in harmful behaviors, such as substance abuse or risky activities?
12. One-Sided Giving:
Does the relationship feel imbalanced, with one person always giving and the other taking without reciprocity?
13. Emotional Exhaustion:
Do you often feel emotionally drained or depleted after spending time with the person?
14. Undermining Relationships:
Have they tried to turn others against you or isolate you from friends and family?
15. Lack of Accountability:
Do they refuse to take responsibility for their actions or blame others for their mistakes?
16. Feeling Trapped:
Do you feel trapped in the relationship, unable to express your true thoughts and feelings?
17. Fear and Intimidation:
Do you feel afraid or intimidated by the person, leading you to modify your behavior to avoid conflict?
18. Unreliable and Unpredictable:
Are they inconsistent and unreliable, making it challenging to trust or rely on them?
19. Lack of Support:
Do they fail to support you during difficult times, dismiss your problems, or undermine your achievements?
20. Erosion of Self-Identity:
Has the relationship caused you to lose touch with your interests, values, or sense of self?

INTERPRETATION ON THE NEXT PAGE →

Interpretation:

If you answered "Yes" to several items on this checklist, it may indicate potential signs of a toxic relationship. Toxic relationships can have significant negative effects on your mental and emotional well-being. Consider seeking support from trusted friends, family, or professionals to evaluate the relationship and decide on the best course of action for your well-being.

Please remember that this checklist is for informational purposes only and should not replace professional advice. If you find yourself in a toxic relationship or any challenging situation, consider seeking guidance and support from trained counselors or organizations specializing in relationship dynamics and emotional well-being.

Let us know how you scored on this checklist!