

Signs Of Toxic People In Relationships

In my years of studying Narcissistic Personality Disorder, I've naturally learned a lot about signs of narcissists. I've also learned signs of people who may not necessarily be narcissists, but are still toxic. I'm going to point out the more subtle signs of toxic people in this video.

Although the information is aimed at dating relationships, much of it is also appropriate for friendships.

Did he come on too strong? When you first met, did this person pressure you to go out immediately, or did he start talking about moving in together or marriage very early into the relationship? This is a sign of someone who wants a relationship more than they want you. Maybe they want someone to control or maybe they're afraid of being alone, but the behavior isn't about love for you. My ex husband started pressuring me to date him almost immediately after we met. Another guy I dated started discussing marriage within two weeks of knowing me.

Is he critical? Do you feel as if you can't do anything right? That is NOT normal! Sure, there are times in relationships when we all have a complaint or two, but it shouldn't be the norm.

Do you find yourself changing & not in a good way? This is never a good sign. Relationships of all types should make you a better person, whether it's a family relationship, friendship or romantic relationship. If you find yourself becoming more insecure, ignoring your feelings, or feeling that you need to walk on eggshells around your guy, that's never a good sign.

If he wants to change things about you, that is a sign of a control freak. Safe people don't want to change others—they want others to be the best version of themselves they can be. Toxic people want others to change to please them.

Do you do everything in the relationship? Do you pay for dinner or movies? Do you drive him when you go out together? Do you always come up with ideas for things to do together? Do you do things for him such as his laundry or cleaning his apartment? This is the sign of a guy that wants to be taken care of. He wants a mother more than a girlfriend or wife.

How does he treat your family & friends? A safe person will be polite to your family & friends, even if he doesn't like them, simply because he cares for you. A person who doesn't respect you will treat your friends & family with disrespect.

How do those who genuinely love you feel about this guy? Do they say they like him or do they have concerns? If they have concerns, LISTEN! People who love you want you to be happy. They also won't want to hurt you by criticizing your boyfriend. If they are risking hurting you, it's for a very good reason!

Is he very jealous? While everyone has jealous moments, if he constantly questions your intentions, who you were with, checks your car's mileage, or refuses to let you have friends of the opposite sex, he is extremely insecure.

Does he constantly want to spend time with you? While it's natural to want to spend a lot of time together in the early part of a romantic relationship, you still need some time apart. If he wants to spend every moment of your free time together, something is wrong.

Does he discourage you from spending time with your friends or family? This is a huge red flag. This is the sign of a man who wants to keep you to himself. If he can do that, he can control & abuse you, & you are more likely to tolerate it than you would be if you had a support system. If he says things like, "She doesn't really care about you." Or "A real friend wouldn't have done what she did.." chances are good he's trying to alienate you from your friends & family. My ex husband did this, & I lost years with my best friend because of it. Thankfully, she's back in my life & he's the one out of it.

If he punches walls or throws things when angry, this is a sign he is capable of stepping up to physically hurting you. He is trying to intimidate you into doing what he wants by punching walls or throwing things. If that doesn't work, it may just be a matter of time before he hits you.