



## How to Spot a Loser Lover

**They come on strong and quickly become jealous.** Professions of love for you early in a relationship and wanting to know where you are at all times are signs of control issues and can be dangerous.

**They are completely self-centered.** Partners who ignore your thoughts and opinions will resist equality in relationships.

**They don't take responsibility for their behavior.** Partners who don't see their own errors and flaws will blame you for whatever goes wrong.

**Their temper scares you.** Angry, jealous, or controlling behavior isn't likely to change and will usually get more frightening – or more violent – over time.

**Their life hasn't jelled.** Chaotic financial problems, gambling debts, drug or alcohol issues, or histories of losing jobs or having trouble with the law are all signs of risky partners.

**They force you to have sex.** *No one* has the right to make you have sex, regardless of how a partner tries to force or coerce you. Forced sexual contact is sexual assault and is illegal.

**You feel that something is wrong.** If you sense you're in an unhealthy relationship, you're probably right.

## Health Relationships 101 Is Your Relationship on the Right Path?

Humans spend about 284,700 waking hours in relationships during a lifetime. We shape and are shaped by the associations we have with others. Having positive, healthy relationships is important to the level of satisfaction and happiness that we experience in our lives.

### You know you're in a healthy relationship when...

- You and your partner respect and value each other.
- You both support and encourage each other's goals and ambitions.
- You trust each other and are not jealous or possessive.
- You don't fear your partner, and s/he doesn't fear you.
- You both feel safe expressing your opinions without feeling judged or put down.
- It is understood that you and your partner share decision making responsibility including if, when and where to have sexual contact.
- You both encourage each other to have friends outside your relationship.
- Both your partner's and your self esteem are enhanced by the relationship.

*If you have concerns about your relationship or if you're worried about a friend, please contact The Aurora Center at (612) 626-2929, or call our 24 hour crisis line at (612) 626-9111.*