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.