



TOXIC RELATIONSHIP Checklist

▶ Are You in a Toxic Relationship? ▶

Use this checklist to identify unhealthy patterns and warning signs in your relationship. If you check off several of these, it may be time to re-evaluate your situation.

by Sinta Ebersohn

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EMOTIONAL RED FLAGS

- You constantly feel drained, anxious or are walking on eggshells around your partner.
- They gaslight you (deny your reality, make you doubt your memory or perception).
- They use guilt trips, silent treatment or passive-aggressiveness to control you.
- You feel like you have to prove your worth to be loved.
- Your emotions and needs are dismissed or belittled.

CONTROL & MANIPULATION RED FLAGS

- Your partner isolates you from family and friends.
- They try to control what you wear, who you talk to or how you spend your time.
- They track your phone, social media or location without consent.
- They punish you (emotionally or physically) for disagreeing with them.
- They twist situations to always make you feel at fault, even when you know you're right.

VERBAL & PSYCHOLOGICAL ABUSE RED FLAGS

- They frequently insult, criticise or put you down (even as a 'joke').
- They mock your dreams, career or intelligence to make you feel inferior.
- They blame you for their own mistakes or bad behaviour.
- They bring up your past mistakes to shame you and gain control.
- They make you feel like you're never good enough.

DISRESPECT & BOUNDARIES RED FLAGS

- They ignore your "no" and push your boundaries repeatedly.
- They pressure you into physical intimacy or situations you're uncomfortable with.
- They shut down conversations when you try to express your feelings.
- They act differently in public vs. private, showing one face to others and another to you.
- They constantly test your loyalty by making unreasonable demands.

FINANCIAL & PHYSICAL ABUSE RED FLAGS

- They control all the finances and limit your access to money.
- They sabotage your career or education by discouraging you from working/studying.
- They threaten to hurt themselves or you if you try to leave.
- They break objects, punch walls or display aggressive physical behaviour.
- They have ever physically hurt you in any way (pushing, hitting, grabbing, etc.).


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What's Next?


If you checked multiple boxes, it's time to take action. You deserve a healthy, supportive and loving relationship.

✨ Download my "Breaking Free from Toxic Relationships Cheat Sheet" for a step-by-step exit plan. ✨


Get the Cheat Sheet Now

 Step 1: Recognise the Reality

 Step 2: Secure Your Support System

 Step 3: Make a Safe Exit Plan

 Step 4: End It with Clarity & Boundaries

 Step 5: Protect Yourself from Manipulation

 Step 6: Rebuild & Heal