



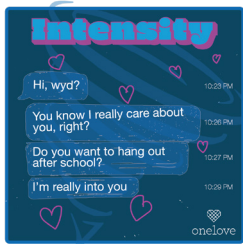
oneLove

What Unhealthy Relationships Look Like: Digital Edition

From texting to Twitch to TikTok to popular dating apps – the online world has created countless opportunities for people to connect and form meaningful relationships. With so many relationships now starting online, it's never been more important to understand how the signs of an unhealthy relationship might look in a digital space. Just as healthy and unhealthy signs happen in person, they also happen online, and the unhealthy can be just as harmful when it happens online as when it happens in person.

Unhealthy Sign

Digital Example



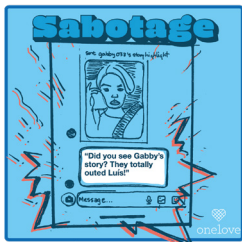
Intensity

When someone expresses very extreme feelings and over-the-top behavior that feels overwhelming.



Manipulation

When someone tries to control your decisions, actions or emotions.



Sabotage

When someone purposely ruins your reputation, achievements, or success.



Guilt

When someone makes you feel responsible for their actions or makes you feel like it's your job to keep them happy.

- Excessive and constant complimentary comments, likes, and posts — also known as “love bombing.”
- Insisting on constant contact that can include excessive DMs, texts, calls, etc.
- Demanding a partner shares passwords or logs in to accounts on their device. or repeatedly asking to create a shared email/social media account.
- When a person refuses to share passwords or personal information their partner may respond with “what do you have to hide?” or “If you really loved me, you’d give me access.”
- Accessing a partner’s account without their consent and altering personal information or unfriending or unfollowing people without them knowing.
- Deleting emails, messages, or calendar invites purposely, to disrupt work or school success.
- Claiming someone didn’t respond quickly enough to a text or message.
- Expressing disappointment when a partner doesn’t like or comment on all of their pictures or posts.
- Sending unwanted nudes to someone with the expectation they’ll respond in kind.

Unhealthy Sign



Deflecting Responsibility

When someone repeatedly makes excuses for their unhealthy behavior.



Possessiveness

When someone is jealous to a point where they try to control who you spend time with and what you do.



Isolation

When someone keeps you away from friends, family, or other people.



Belittling

When someone does and says things to make you feel bad about yourself.



Volatility

When someone has a really strong, unpredictable reaction that makes you feel scared, confused or intimidated.



Betrayal

When someone is disloyal or acts in an intentionally dishonest way.

Digital Example

- Blaming technology for an action like claiming "someone else must have taken that photo from my device" or claiming their account was "hacked".
- Rather than owning up to spreading a rumor, saying that "someone must have taken my phone and read our messages".
- Drunk texting and blaming alcohol for things said or done via text.
- Pushing a partner to delete a post or picture or asking them not to post in the future.
- Tracking someone's location via their device without their consent.
- Pressure to spend less time on social media, so they can instead focus on the relationship.
- Locking someone out of their device or accounts to prevent them from connecting with their friends and family.
- Publicly disparaging someone's social media feed; criticizing their posts/selfies.
- Criticizing intimate/romantic pics to push for more extreme/graphic photos or videos.
- Angry, long text barrages/DMs/voice memos out of nowhere.
- Making a partner anxious because they never know when they may receive an angry text or message.
- Doxing: Posting private information that was shared in confidence with a partner.
- Publishing an intimate photo or video that was shared in confidence with a partner.



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What Healthy Relationships Look Like: Digital Edition

From texting to Twitch to TikTok to popular dating apps – the online world has created countless opportunities for people to connect and form meaningful relationships. With so many relationships now starting online, it's never been more important to understand how the signs of a healthy relationship might look in a digital space. Healthy relationships – whether they happen in person or online – bring out the best in you and make you feel good about yourself.

Healthy Sign



Comfortable Pace
The relationship moves at a speed that feels enjoyable for each person.



Trust
Confidence that your partner won't do anything to hurt you or ruin the relationship.



Respect
You value one another's beliefs and opinions, and love one another for who you are as a person.

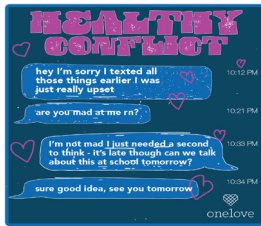


Fun
You enjoy spending time together and bring out the best in each other.

Digital Example

- Doing things like exchanging phone numbers/ social media, moving from app in person, deleting dating apps, posting pictures of each other, etc. on a timeline that feels mutually right to you, rather than based on what other people around you are doing .
- Pacing the number of people you engage with on dating apps to a number that allows you to genuinely get to know each person excessive DMs, texts, calls, etc.
- Knowing whether someone you're exploring a potential relationship with is/isn't talking to other people on dating apps.
- Knowing that the person you're talking to won't share or show personal texts or photos to anyone else – both when you're together and if you break up.
- Handling rejection in a healthy way – if someone messages you that they are no longer interested, not sending mean texts in response.
- Asking if it's okay before posting or tagging a picture of your friend or partner on social media.
- Sharing music, funny memes or videos with your friend or partner that reminds you of them.
- Using video chat, in addition to text/DM, to get to know each other better.

Healthy Sign



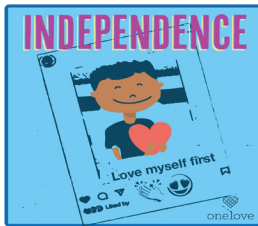
Healthy Conflict

Openly and respectfully discussing issues and confronting disagreements non-judgmentally.



Honesty

You can be truthful and candid without fearing how the other person will respond.



Independence

You have space to be yourself outside of the relationship.



Equality

The relationship feels balanced and everyone puts the same effort into the success of the relationship.



Taking Responsibility

Owning your own actions and words.



Kindness

You are caring and empathetic to one another, and provide comfort and support.

Digital Example

- Communicating with the person you're talking to about your feelings and/or concerns, rather than checking through their social media and making accusations based on what they like or post.
- Learning together which digital channels are best to have different types of conversations – maybe it's better to work out disagreements via video chat instead of text, etc.
- Creating dating profiles & social media accounts that are true to who you are – allowing people to get to know and like the real you, not a curated version.
- Letting someone you meet on a dating app know if you don't feel chemistry with them, instead of ghosting them or leading them on.
- Letting someone know you can't text or video chat with them, and not feeling like you need to provide a reason or excuse.
- Posting photos of yourself or you with your friends without your partner – not needing them to be in every post.
- Making sure the other person isn't always the one to message first & that you're asking as many questions as you're answering.
- Working together to determine how and when communication happens, not working around one person's schedule or favoring one person's preferences.
- Owning when your assumptions are wrong or when there is misunderstanding via text.
- Thinking about how your words might affect someone before you post or text them.
- Be kind to yourself — take social media or dating app breaks, mute people to give yourself space & know that your self-worth isn't tied to how many likes or matches you get.