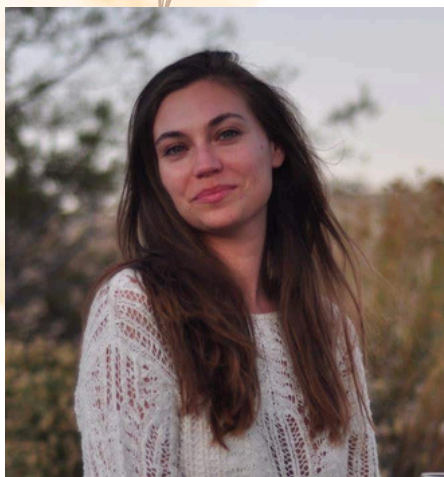


# FIVE SIGNS YOU'RE IN A TOXIC RELATIONSHIP



**AUTHOR – ROSIE CHAPMAN, ICF, CPD, BACP,  
HEALTHY RELATIONSHIP COACH**

I'm a certified Love & Relationships Coach, Somatic and Trauma-Informed Practitioner, trained in counselling, Brainspotting and Neuro-Linguistic Reprogramming (NLP). I am devoted to empowering women to break unhealthy patterns, get to the root of their challenges around love, and create healthy love now. [Book a free discovery call.](#)



## **1. REFUSAL TO TAKE ACCOUNTABILITY**

When you raise an issue, your partner refuses to take responsibility, often deflecting blame back onto you, perhaps saying you're just "trying to start an argument" or being "too sensitive". You may notice your partner often portrays themselves as the victim more generally, e.g. in work situations, with family and friends. This pattern can leave you feeling like you're always in the wrong and may discourage you from addressing issues in the future. Over time, unresolved conflicts build resentment, eroding trust and emotional closeness.

## **2. YOU'RE NOT FULLY YOURSELF**

Although your partner feels familiar, you may notice that you're not as expressive, especially with humour. You might hold back or feel that your partner doesn't appreciate your sense of humour or other quirks you easily share with others. This lack of shared laughter or comfort can limit your self-expression. It may also mean you look outside your relationship for support and find it easier to confide in friends rather than your partner.

## **3. WALKING ON EGGSHELLS**

You may notice that you often feel tense or anxious around your partner, perhaps noticing yourself tense up before expecting them home. This may indicate that you're worried about their reactions, leading you to feel like you're walking on eggshells, which builds stress and reduces a sense of security.








#### **4. DENIAL OF YOUR FEELINGS AND REALITY**

Your partner dismisses your version of events or denies your feelings, even when you've clearly expressed them. This behaviour, known as gaslighting, manipulates you into doubting your own reality. Phrases like “You don’t feel that way” or “That didn’t happen” are invalidating and create confusion, leading you to question your own experiences and feelings. This is an incredibly frustrating experience and can lead to an erosion of your intuition and self-trust.

#### **5. PUTS DOWN YOUR INTERESTS AND RELATIONSHIPS**

Your partner shows contempt for your hobbies, interests, or friends, often reacting dismissively when you share something meaningful. They may roll their eyes, trivialize your passions, make up silly names for your pursuits, or consistently criticize your friends. This negative attitude can lead you to feel ashamed of your interests, become more isolated, or even abandon activities and friendships that bring you joy.



#### **Does this resonate?**

If you're ready to break unhealthy relationship patterns, build unshakeable self-worth, and create the love you deserve, [book a free discovery call](#).