



one love

What Unhealthy Relationships Can Look Like Through an LGBTQ+ Lens

While this list focuses on the ways unhealthy behaviors can manifest in LGBTQ+ relationships, this does not mean that all LGBTQ+ relationships will exhibit these signs! These examples are to be used to show the unique ways that One Love's 10 Unhealthy Signs might appear in LGBTQ+ relationships, including romantic relationships, friendships and family relationships. Remember unhealthy behaviors can be exhibited by anyone, whether they identify as part of the LGBTQ+ community or not.

Unhealthy Sign

LGBTQ+ Example



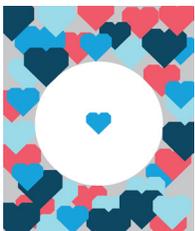
Manipulation

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



Intensity

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



Isolation

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

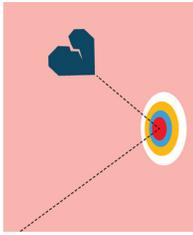


Sabotage

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

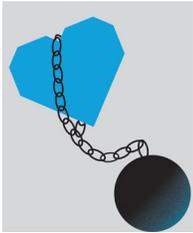
- Playing into someone's internalized homophobia or discomfort around their sexuality to influence their behaviors
- Trying to convince someone to stay in the closet or to come out before they are ready
- Pressuring someone to transition (i.e. gender expression, medical interventions, etc.), or to not transition
- Making someone feel obligated to date, spend more time with, or get more serious with a partner because of a lack LGBTQ+ community
- Using a lack of LGBTQ+ community or lack of LGBTQ+ acceptance to keep someone from spending time with friends or family
- Example: "Your family would never accept our relationship – it would be better if you stopped talking to them."
- Using the fact that someone is not out to everyone to further isolate them. Someone who is not able to be out is already isolated – they may be unable to talk about their relationship at all, let alone the fact that it's unhealthy
- Preventing a person from interacting with other LGBTQ+ people, or with non-LGBTQ+ people
- Outing someone to get them fired, kicked off a team, or kicked out of their home
- Taking away or blocking someone's access to hormones, binders, or other gender-affirming resources

Unhealthy Sign



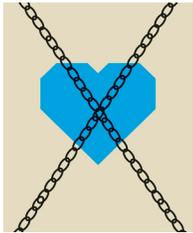
Deflecting Responsibility

When someone repeatedly makes excuses for their unhealthy behavior.



Guilt

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



Possessiveness

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



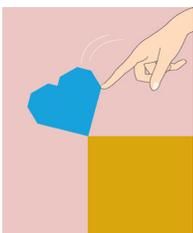
Volatility

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



Belittling

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



Betrayal

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

LGBTQ+ Example

- Blaming problems on someone's LGBTQ+ identity or using a partner's identity or one's own identity as an excuse for behaving in unhealthy ways
- Example: "Of course I have to keep you at home, you're pansexual – if you go out, I know you'll cheat on me."
- "Our family is falling apart because you've decided to be gay."

- Making someone feel bad about their identity, their unsureness around their identity, their dating history (ex: biphobia), or how out they are to friends/family/etc.

- Using stereotypes or past partners to say who someone can or cannot hang out with or where they can or cannot spend time
- Example: "I don't want you spending time with her because you're into girls – you're probably into her."
- Example: "You can only hang out with straight people"

- Justifying erratic behavior around the lack of acceptance of LGBTQ+ identity
- Example: "I can't help yelling and throwing things sometimes – my life as a lesbian has been really hard."

- Using stereotypes or transphobic comments toward someone to make them feel small or worthless
- Making someone feel lesser because they identify outside of hetero-normative or cis-normative standards
- Body-shaming someone, especially surrounding their gender identity

- Outing someone without their consent
- Intentionally using incorrect pronouns and/or a person's deadname* in private or public

**Deadnaming is (intentionally or unintentionally) calling a trans or non-binary person by former name or birth name that they no longer use.*



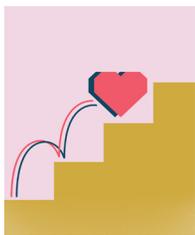
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What Healthy Relationships Can Look Like Through an LGBTQ+ Lens

These examples are to be used to show the unique ways that One Love's 10 Healthy Signs might appear in LGBTQ+ relationships.

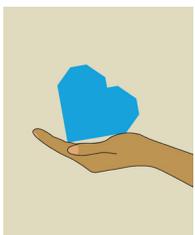
Healthy Sign

LGBTQ+ Example



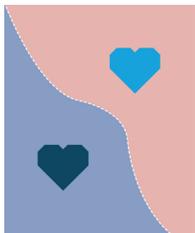
Comfortable Pace

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.

- Asking for consent as a couple discovers their physical relationship
- NOTE: Gender queer/fluid people may have different levels of comfortability with different aspects of their physical relationship depending on how they feel on a particular day
- Feeling that one's partner is taking it slow and checking in often to make sure they're comfortable, especially when it is one partner's first LGBTQ+ relationship
- Respecting a person's timeline in their coming out process
- Feeling comfortable sharing one's private thoughts, feelings, etc. and not worrying that they are not going to be exposed
- Using correct gender pronouns and name
- Respecting a partner's wish to remain sober by not peer pressuring them (NOTE: Alcohol and substance abuse are higher in LGBTQ+ communities²)
- Avoiding fetishization and stereotypes of queer people of color (often abbreviated to QPOC)
- Working together to find safe and brave places where you and your partner can enjoy each other's company without fear of judgement
- Getting involved in LGBTQ+ communities together

Healthy Sign



Healthy Conflict

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



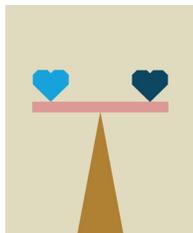
Honesty

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.

LGBTQ+ Example

- Navigating life's twists and turns as a team, working together not against each other
- No matter what conflict is going on, always respecting your loved ones' identities, bodies, feelings, needs, and more!
- Being truthful with one another about boundaries regarding outness, public displays of affection, etc.
- Being honest with one another about wants, needs, and relationships with other people if a relationship is open or polyamorous
- Truthfully sharing HIV/AIDS status if appropriate
- Feeling comfortable spending time alone and with different friend groups both in and outside of the LGBTQ+ community
- Combatting stereotypes about LGBTQ+ relationship dynamics
- Example: Avoiding assumptions about butch/femme dynamics to ensure both people have an equal say in the relationship
- Openly apologizing if you misgender/dead name someone
- Being understanding of people's timelines for coming out
- Understanding when a loved one is struggling with internalized prejudices
- Supporting loved ones during their transition
- Examples: Using proper pronouns, affirming desires to use binders or packers, or to seek out gender affirming surgeries, and reminding the person that you love and accept them and their gender identity/presentation