

100+ Unhealthy Traits of Toxic Relationships

Deborah Adams, MAPC

These characteristics will be seen in those with Narcissistic Personality Disorder, Borderline Personality Disorder, Dependent Personality Disorder, Anti-Social Personality Disorder, Addictive, and Co-Dependent Relationships.

1. They are selfish and self absorbed
2. They over flatter, over bond, and over disclose very early in the relationship
3. A relationship with them progresses very quickly
4. They have overlapping relationships and often you are told they are in the process of ending one when you meet only to find out its not true
5. They seem too good to be true right from the start
6. They declare you their soul mate after knowing them only a short time
7. They seem to have a ton of things in common with you
8. They seem to start copying things about you
9. They have a history of failed or strained relationships
10. They have a lack of nostalgia
11. They have a lack of connection to their own past
12. You begin to find inconsistent details in their past
13. They seem to tell a different story to everyone
14. They like you until you point something out in them, then their view of you changes
15. They reuse the same lines, love notes, gifts, songs, etc over and over with new relationships
16. You are expected to hold them in high esteem and shower them with adoration
17. They see your doing things with other people and situations as abandoning them for someone/something else
18. They will threaten self harm, revenge, or will take something away from you if they perceive you are going to leave them or not do as they want you to do
19. Their exes seem to have issues with them or seeking protection from them
20. They claim exes and former friends as crazy and unstable
21. They have an inability to form deep intimate relationships or they choose partners that are emotionally unavailable or able to be conditioned to co-dependency
22. They have stories of past relationships that they have no proof of or they threaten you or punish you if you seek your own search for truth about them
23. They may have few personal possessions
24. They are highly critical of everything
25. They never seem able to take the blame for things they do or see where they have been wrong in anything
26. They love watching drama unfold around them and often can start it
27. They always seems to need help or pity
28. They seek to control everything around them.
29. They need to know your every move and you who are talking to
30. They call/text you non stop to check up on you
31. They seem to lack empathy and sympathy for others
32. They are moody and difficult to please
33. They seem unavailable emotionally and detach from situations quickly

34. They don't do what they say they will do and often abandon plans at the last minute
35. They are addicted to porn or have a sex addiction
36. They are addicted to substances, alcohol, shopping, gambling, or any other type of addiction
37. They have a strong sense of entitlement
38. They are prone to infidelity whether married or single
39. They always seem to be the victim
40. They blame others for their own mistakes
41. They have fantasies of fame, grandeur, heroism and may look to you to take up their cause
42. They need constant attention and validation
43. They cannot take criticism
44. They have an excessive sense of self importance
45. They expect favorable treatment from everyone around them
46. They are paranoid
47. They have problems with anger and rage
48. They have a preoccupation with health issues or use health issues for pity
49. They have poor boundaries and don't respect the boundaries of others
50. They manipulate, play mind games, and engage passive aggressive behaviors
51. They are two faced and talk about others behind their backs
52. They are unable to be self aware or self reflect
53. They lie and deceive to get what they want
54. They bounce between being loud and arrogant to meek and humble depending on the setting
55. Their life at home is different than their life in public
56. They always have an excuse for everything and blame shift when confronted
57. They live in their own reality
58. They don't know how to treat people with respect
59. They use sarcasm and jokes to insult people then say they were only joking
60. They can't be happy for other people's success or may show jealousy of their success
61. They want nothing that requires hard work, they are always looking for the easy path
62. Something in your gut nags you that something just isn't right but you just can't put your finger on it
63. You find you are googling their behavior to understand them
64. You find yourself doing things that are out of character for yourself to please them
65. You find yourself changing your looks, likes, dislikes, and habits, etc to please them
66. They must be the center of attention always, they cannot stand others getting the credit or being acknowledged for anything especially if it seems in competition to them or their talents and skills
67. You begin to discover lies and inconsistencies in the things they say to you
68. They gaslight you and lead you to question yourself over and over
69. They are irresponsible with money
70. They often forget their cash/credit cards when you are out and leave you with the tab or invite you out to eat and then leave you with the tab
71. They have very high expectations of others that they do not live up to themselves

72. They will compare you to everyone in their past in order to manipulate your behavior
73. They expect you to read their mind and respond accordingly then criticize you when you don't
74. They have ongoing relationships with past lovers and mates who are always there for them.
75. They brag that their ex lovers want them back or use them to make you jealous
76. You are told you are the only person who truly understands them
77. They seem to have a different persona and different likes and dislikes with each person they enter a relationship with
78. They do not seem to know who they are and always adapting traits of others
79. They do not like themselves and sulk about their past
80. They provoke your emotions then blame and criticize you for it
81. You find you are relying on their opinions, compliments, etc to make decisions about your life and feel good about yourself.
82. They portray everyone in their past as crazy or having wronged them in some way
83. You find your happy mood turns sad or depressed when you are with this person
84. Their opinion of themselves and their relationships is vastly different than the experience everyone else has with them
85. They find something about you early on that can be used for their own benefit and then present a situation where either you will offer it to them or they will ask for it.
86. Nothing you do or say is ever good enough. They always want more from you
87. They criticize the smallest flaw or imperfection
88. They constantly drag up your past and refuse to see change in you when it occurs
89. They boast of having been the most fabulous or right and never make mistakes
90. You always feel guilty, ashamed, and critical of who you are when with them
91. You feel beaten, emotionally drained, and wounded after being in their presence
92. They don't seem to care about your needs
93. They don't seem to care that their needs are met and yours aren't and they will internally despise you if your needs are met and theirs are not
94. They violate your boundaries and always have an excuse for doing so
95. They don't seem to care about your feelings or emotions
96. When your accomplishments elevate them they are pleased with you and when they don't you are a disappointment and an embarrassment to them.
97. Love is conditional with them.
98. It's always about them, no matter what the situation it will become about them
99. They cannot grieve loss and don't think you should either
100. There is an emptiness in them that you cannot quite put your finger on which makes you sympathetic to their schemes.
101. They will project all their insecurities, faults, and wrongdoings onto you
102. They will not apologize to you unless it means they can get something from you and when they do apologize it will be shallow and lacking true heartfelt remorse
103. They seem incapable of offering deep and genuine repentance
104. They have very low emotional intelligence
105. You have found you have given up everything for them and they have given up nothing

106. You find your life in shambles one day and can't recall how it got there
107. One day you realize that everything about yourself has changed and can't retrace the steps of how it got there.
108. They use third party people and situations to insult you, put you down, or talk negatively about you knowing it will get back to you or you will hear it
109. They will engage you in their gossip and then shift their blame onto you as being the initiator of it
110. They will manipulate you into doing things they want you to do
111. They tell on themselves and give themselves away by blaming others for what they are doing themselves
112. They cannot see where their behaviors are unhealthy
113. They will take what you say and spin it into a different meaning that they use in an attempt to draw sympathy to themselves and avoid accountability
114. They get angry and defensive when you begin to draw boundaries around their behavior
115. They will always reason you as the one with issues, problems, sensitivity, etc
116. Problems in life and changes in life will always be everyone else's fault