



## When to Get Out of A Relationship

Joy Smith Ed.D.

Licensed Professional Counselor

***It's time to get out or avoid getting into a relationship if your partner isn't willing to work on or is unable to change the following behaviors:***

*Your partner is . . .*

- emotionally, physically, or sexually abusive.
- unable to establish and maintain emotional intimacy.
- dishonest or unfaithful.
- involved in compulsive or addictive behavior such as alcoholism, sex addiction, gambling, workaholicism, drug abuse, etc.
- emotionally dependent, wanting you to meet all of his or her needs and/or can't function without you.
- insisting you violate your values and personal rights to please him or her.
- holding you responsible for everything that goes wrong in the relationship.

It may be time to avoid or exit a relationship if you aren't willing to work on or are unable to change the following behaviors.\*

*You are . . .*

- doing all the work in the relationship.
- enabling your partner's irresponsible, abusive, or addictive behavior through caretaking and rescue.
- disabled by the relationship, having physical symptoms, crying spells, unable to concentrate, depression to the point of not being able to function well at home, school or work.
- aware that the relationship is detrimental to your children.
- letting your partner define you by describing your reality and controlling your life.
- being sexually active with your partner in order to keep him or her in the relationship.
- violating personal values and rights to please your partner.
- preoccupied with your partner to the point that you always put his or her needs before your own.
- using the relationship to avoid emotional pain or personal issues.

\*(Sometimes professional counseling is necessary to make these changes.)

Joy Smith Ed.D.

PathLight Center LLC [www.pathlightcenter.org](http://www.pathlightcenter.org)