

The background of the entire image features two hands, one from the left and one from the right, reaching towards each other and holding each other. The hands are rendered in a dark, almost black silhouette. The background is a soft, out-of-focus bokeh of light purple and pink circles, creating a warm and intimate atmosphere. The text is overlaid on this background.

The Relationship Tools

WORKSHOP

**It's Time To Rethink How You Understand
Relationships & Self-Worth.**

WELCOME!!!



**DANA M. BELL,
MA. LPC.**

Dana is a dedicated counselor based in Michigan at Family Matters Counseling and Psychological Services, Inc. She offers expertise in areas like anxiety, depression, grief, and domestic violence.

She champions the power of small life changes, drawing from her master's in clinical mental health from Sienna Heights University and a bachelor's in criminal justice from Michigan State University. Her unique insight stems from years as a parole agent, granting her a deep understanding of trauma, domestic violence, and citizen re-entry. Passionate about self-improvement and resilience, Dana encourages self-care, confidence, and therapy. She believes in the transformative power of hope and is committed to guiding individuals towards brighter futures.

MEET YOUR HOSTS!



**DR. MONIQUE TUCKER,
PHD. MA, TLLP.**

Monique is a dedicated Limited Licensed Psychologist specializing in depression, anxiety, motivation, self-esteem, and relationship issues for individuals, couples, and families.

With a focus on harnessing personal strengths, she collaborates with clients to navigate life's challenges and ensure meaningful progress. She holds a master's degree in clinical psychology from The Michigan School of Professional Psychology and is pursuing her doctoral degree at The Chicago School of Professional Psychology. Currently under the guidance of Dr. Latoya Gaines, Dr. Tucker remains committed to promoting holistic well-being.

THE RELATIONSHIP SPECTRUM

HEALTHY

Relationships are based on quality and respect

Honesty

Equality

Open communication

You enjoy your personal time

Mutual respect

Trust

UNHEALTHY

Relationships are based on attempts to control the other partner

Lack of trust

Dishonesty

Breaks in communication

Struggles for control

Inconsiderate behavior

Only spending time together

ABUSIVE

Relationships are based on power and control

Control

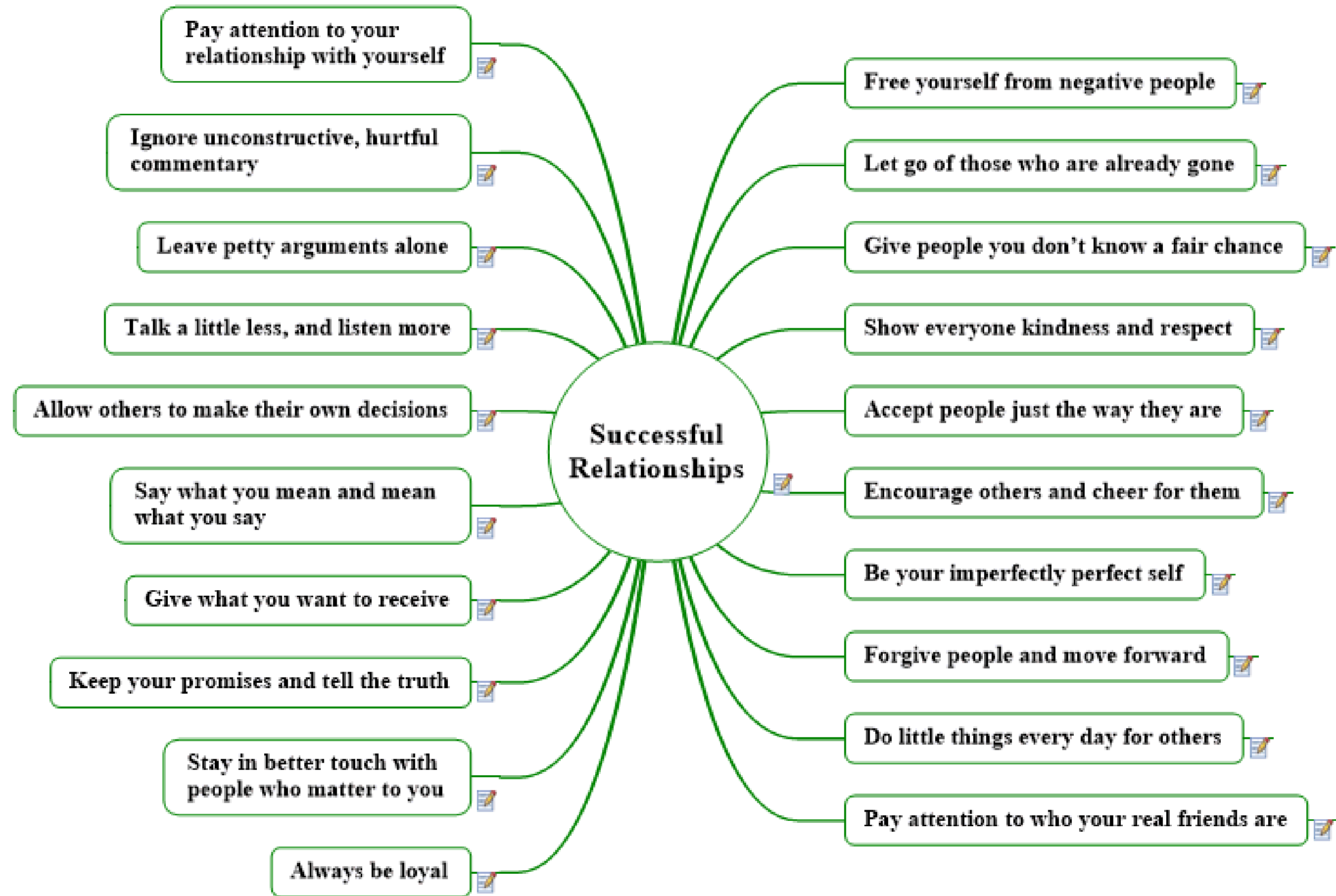
Isolation

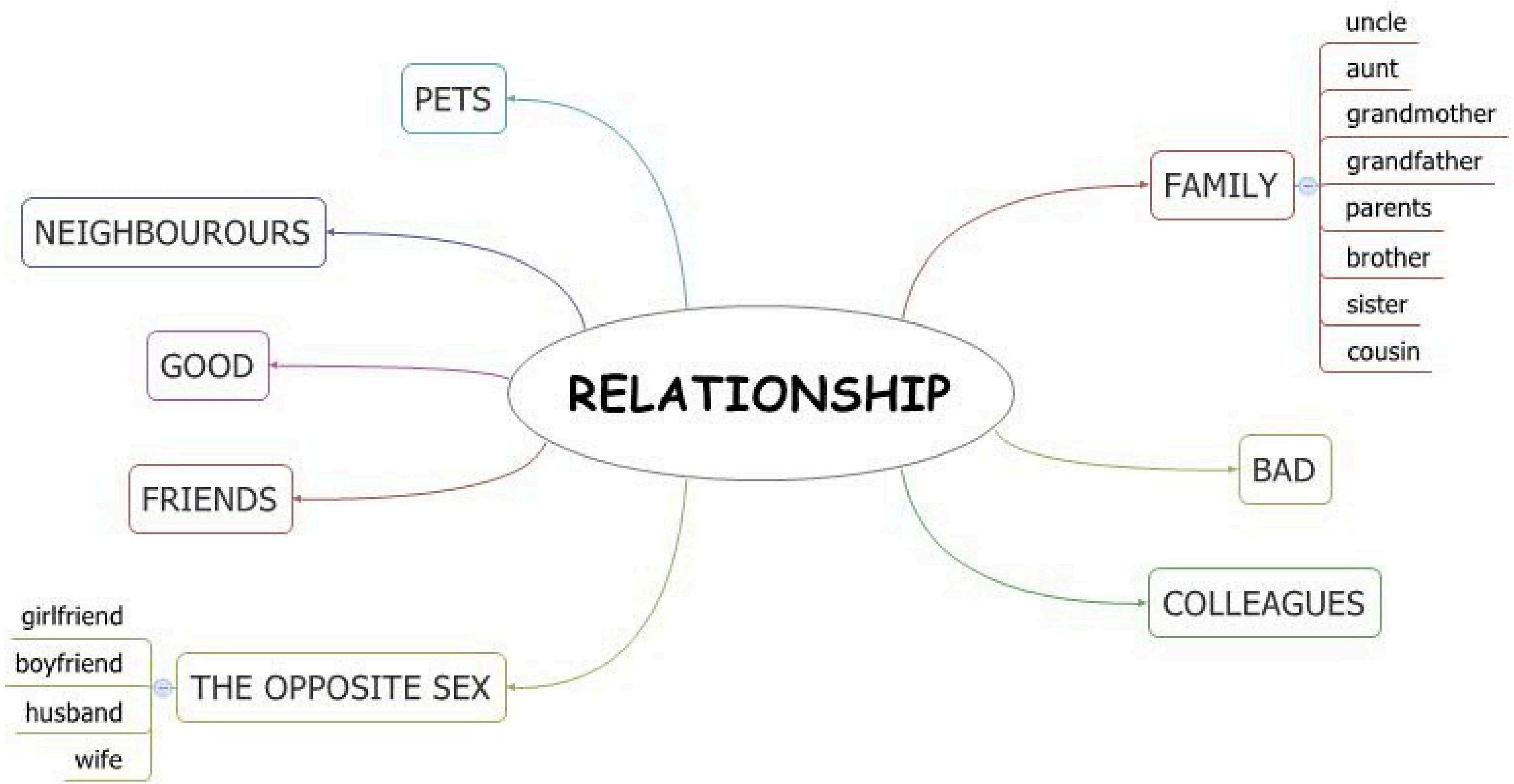
Harmful communication

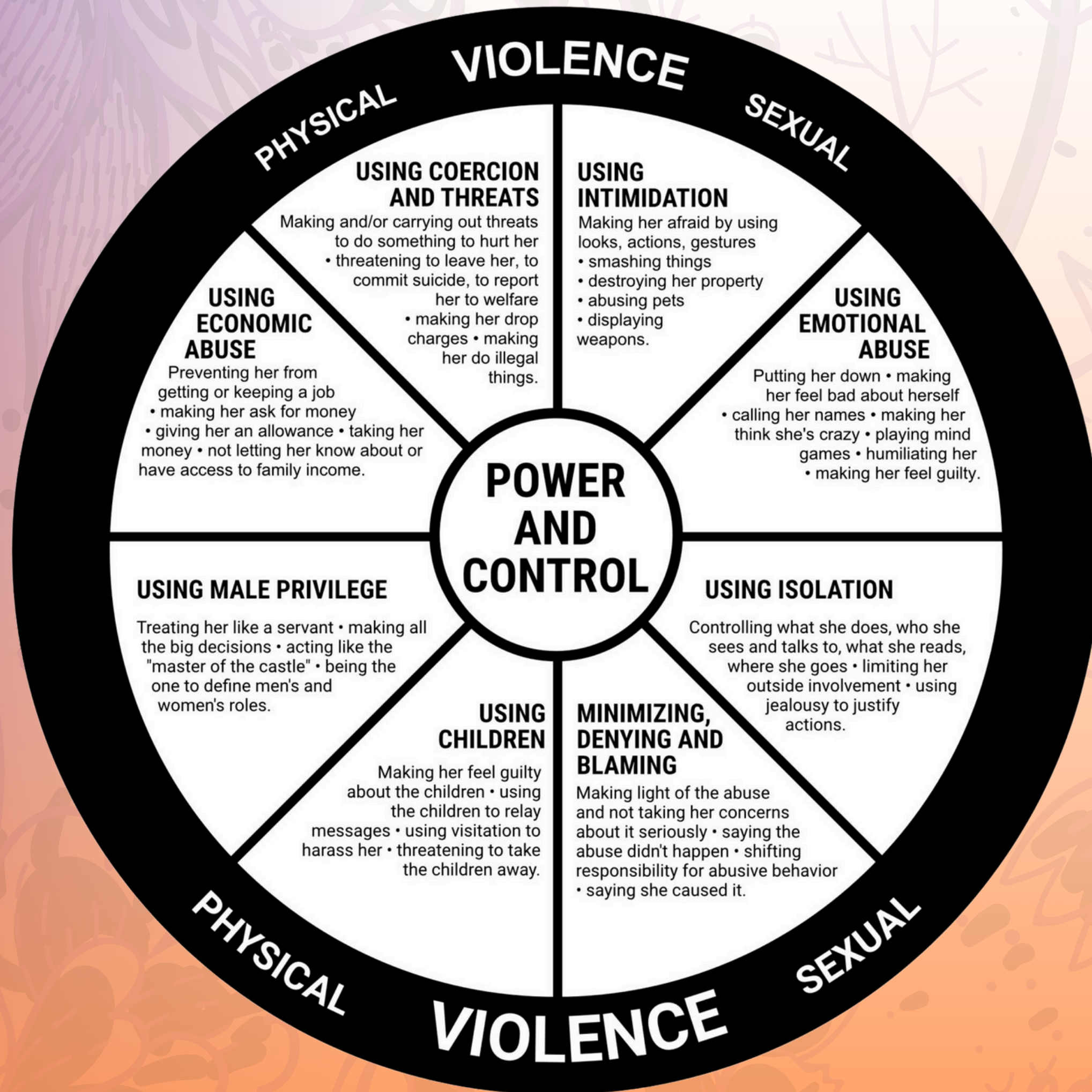
Accusations and blame-shifting

Disrespect

Manipulation







RED FLAGS IN A RELATIONSHIP



1. Excessive Jealousy or Possessiveness

- They may want to know where you are all the time, who you're with, and get upset if you interact with others, especially men.

2. Controlling Behavior

- They try to control where you go, what you wear, who you talk to, or how you spend your time.

3. Isolation from Friends and Family

- They discourage or prevent you from spending time with loved ones or make you feel guilty for maintaining those relationships.

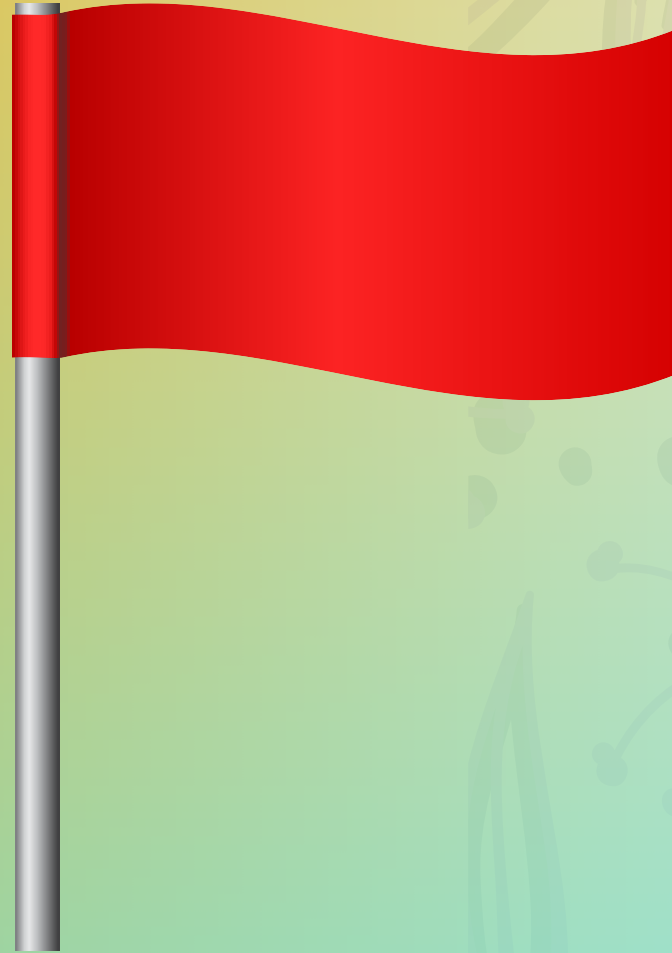
4. Constant Criticism/ Subtle or Overt Criticism of Your Appearance

- They frequently put you down, belittle your opinions, or try to make you feel inadequate.
- They make negative comments about how you look, what you wear, or your body, aiming to lower your self-esteem.

5. Blaming You for Their Actions or Feelings

- They may say things like "If you hadn't done this, I wouldn't have gotten upset" or blame you for their poor behavior.

RED FLAGS IN A RELATIONSHIP



6. Rapid Escalation in the Relationship/ Excessive Praise or Love Bombing

- Moving too fast (e.g., declaring deep love too soon, pressuring for commitment) can be a sign of manipulative or controlling tendencies.
- They shower you with attention, compliments, and affection too quickly, often manipulating you into feeling obligated to reciprocate or commit.

7. Lack of Respect for Boundaries/ Blurring Consent on Boundaries

- They disregard your boundaries, whether emotional, physical, or sexual, and push you to do things you're uncomfortable with.
- They don't respect your "no" or try to manipulate you into saying yes when you're uncomfortable.

8. Mood Swings or Unpredictable Behavior

- They can be loving and affectionate one moment and angry or hostile the next, making you feel like you're walking on eggshells.

9. Attempts to Make You Feel Overly Responsible for Their Happiness

- They rely on you to "fix" their problems or make them happy, placing an unhealthy burden on you.

10. Threats or Intimidation

- They may threaten you physically or emotionally, such as threatening to hurt themselves, others, or even your reputation.

RED FLAGS IN A RELATIONSHIP



11. Gaslighting

- They deny things they've said or done, or make you feel like you're imagining things, doubting your own reality or perception.

12. Disrespect for Your Opinions or Autonomy

- They dismiss your thoughts, opinions, and needs as unimportant or inferior to their own.

13. Intense Need for Control Over Finances

- They try to control your money, limit your access to funds, or make you feel guilty for spending money independently.

14. Monitoring or Stalking Behavior

- They may excessively check your phone, track your location, or show up unannounced at places you frequent.

15. Sexual Coercion or Pressure

- They pressure or guilt you into sex or make you feel bad if you don't want to engage in sexual activity.

16. Minimizing or Dismissing Your Concerns

- When you bring up concerns about the relationship or their behavior, they respond by belittling your feelings or making you feel like you're overreacting.

17. Physical Violence or Threats of Violence

- Any form of physical aggression—whether hitting, pushing, or threatening harm—is a serious red flag.

**IF YOU ARE A PERSON WHO IS INVOLVED IN AN ABUSIVE
RELATIONSHIP AND NEED ASSISTANCE,**

**PLEASE VISIT THE NATIONAL DOMESTIC VIOLENCE
HOTLINE ONLINE AT WWW.THEHOTLINE.ORG,
CALL (800) 799-7233, OR TEXT "START" TO 88788.**

**IF YOU ARE HEARING IMPAIRED,
PLEASE CALL TTY (800) 787-3224.**

THANK YOU FOR ATTENDING!!



PLEASE STAY IN TOUCH!



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