

Harmful Behaviors in Relationships

You will be introduced to various harmful behaviors through your relationships with others. While this can not always be avoided, you can learn to recognize the behaviors, protect yourself and cope with the effects in healthy ways. Review four types of harmful behaviors below and complete the scenario practice examples below. Circle which harmful behavior is being displayed. More than one behavior may apply to each example.



SHAME (S)

occurs when you or someone else expresses that **WHO YOU ARE** is bad or wrong.

BLAME (S)

occurs when you or someone else tells you that **WHAT YOU DID OR SAID** was bad or wrong.

GASLIGHTING (G)

occurs when someone tells you that your reality (how you feel, what you see with your eyes, hear with your ears, and feel with your body) **IS NOT REAL** or **DID NOT/IS NOT HAPPENING**. If you are being gaslit, you may begin to feel anxious, confused, and unable to trust yourself.

DISCRIMINATION (D)

occurs when someone directs harmful behavior or thinking towards another **BECAUSE** of their age, race, class, ethnicity, sex, disability, religion, body shape, body size, sexuality, or gender identity.

Cynthia is planning to "come out" to her dad tomorrow as bisexual. This evening while watching an LGBTQ TV series, her dad made a negative comment about a bisexual character because of their sexual identity. Cynthia immediately felt ashamed and decided not to tell her Dad in the morning.

(S) (B) (G) (D)

I was just joking! It's not a big deal. You're too sensitive."

(S) (B) (G) (D)

"No one will ever love you except for me."

(S) (B) (G) (D)

Thomas has a classmate who uses a wheelchair daily. He feels bad for them because he believes they will never be able to enjoy a sexual experience with another person.

(S) (B) (G) (D)

"Why would you say that? That is not a nice thing to say. I'm very disappointed in what you said."

(S) (B) (G) (D)

After touching you, they say: "Stop acting crazy. You're imagining things. I never touched you."

(S) (B) (G) (D)

A father screams at his son "Stop crying! Boys don't cry!"

(S) (B) (G) (D)

Your coach says to you "You throw like a girl! Do better!"

(S) (B) (G) (D)

