

# Dating Advice Video: Signs of an Unhealthy Relationship



By [Rachel Sparks](#)

In this week's [dating advice video](#), Single in Stilettos founder and relationship expert [Suzanne Oshima](#) talks with [relationship author](#) Tinzley Bradford about three signs of an unhealthy relationship. Don't miss their expert relationship advice in the video above!

## Dating Advice Video for Three Signs of an Unhealthy Relationship

**1. Physical or verbal abuse:** "Being condescending all of the time is an example of verbal abuse, which is a sign of an

unhealthy relationship,” Bradford says in this dating advice video. While abuse seems like an obvious sign of an unhealthy relationship, actually deciding to leave is hard. Don’t let the fear of financial and total independence keep you in a bad relationship. Oshima adds, “You might be scared of being alone, but really, you’re already alone in an abusive relationship.”

**Related Link:** [Dating Advice Video: Signs He’s Settling for You](#)

**2. He’s not emotionally available:** If your partner ignores emotional conversations for video games, you’re in a relationship with someone not emotionally present. “If he cannot hold a decent and healthy conversation about your feelings, then he cannot create a healthy relationship,” Bradford advises. Your feelings and perceptions have value and in a true partnership, your partner should be happy to listen to your feelings. If they are constantly brushed aside, it’s a sign he isn’t invested in your total well-being.

**Related Link:** [Dating Advice Video: The Questions You Should Be Asking Him](#)

**3. Constant arguing:** Nobody wants to argue all of the time, but sometimes we find ourselves in relationships that are threaded with tension. “Arguing all of the time is not cute and it will slowly kill your spirit,” Bradford says. It’s not welcoming or loving to argue everyday about why someone is late, why they’re wearing what they’re wearing, or why something didn’t get done. Whether you’re throwing insulting jabs at your partner or you’re the one constantly under fire, it’s not a supportive and healthy environment to be in.

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