

People see bad relationships and they wonder, how does s/he not recognize how bad things are?

The answer: For some, it's emotionally what they know and subconsciously seek. For others, things seem normal at first, then get worse in such small increments — a fight here, an accusation there, a "little white" lie to bypass accusations and fights, a bigger lie to yourself that this is a healthy way to behave, an idiotic but well-meaning friend who assures you, "Relationships are hard work" — and you don't even see yourself dating, and becoming, someone you don't really like.

Please see it. See it so you can get out.

---

*Carolyn Hax is a syndicated advice columnist. Write to her at "Tell Me About It," c/o The Washington Post, Style Plus, 1150 15th St., NW, Washington, DC 20071 or e-mail [tellme@washpost.com](mailto:tellme@washpost.com). © 2007, Washington Post Writers Group.*