

# Red Flags to an Abusive Relationship

## Jealousy

- Wants to be with you constantly
- Accuses you of cheating all the time
- Follows you around or frequently calls during the day
- Odd behaviors like checking your car mileage or asking friends to check in on you

## Controlling Behavior

- Pretends to be concerned for your safety or your productive use of time
- Acts like you do not have the ability to make good decisions
- Becomes extremely angry when late
- Constantly questions who you spend your time with, what you did/wore/said & where you went
- Makes you ask permission to do certain things

## Quick Involvement

- 6 months or less before living together/engaged
- Claims of love at first sight
- Says you are the only one who can make her/him feel this way
- Pressure for commitment

## Unrealistic Expectations

- Compliments you in a way that makes you seem superhuman
- Very dependent for all needs
- Expects you to be perfect
- Says things like, I am all you need. You are all I need

## Isolation

- Tries to cut off all your resources
- Puts down everyone you know
  - Friends are either stupid, slutty, or you are cheating with them
  - Family is too controlling, don't really love you, or you are too dependent on them
- Refuse to let you use car or talk on the phone
- Makes it difficult for you to go to school or work

## Blames Others for Problems

- If there are problems at school or work, it is always someone else's fault
- You're at fault for everything that goes wrong in the relationship

## **Blames Others for Feelings**

- Makes you responsible for how they feel:
  - You made me mad.
  - You're hurting me by not doing what I ask.
  - I can't help being angry.
  - You make me happy.
  - You control how I feel.

## **Hypersensitivity**

- Easily insulted
- Sees everything as personal attacks
- Has a tantrum about the injustice of things that happen to them
- Totally goes off about small irritations
- Looks for fights
- Blows things out of proportion

## **Disrespectful or Cruel to Others**

- Punishes animals/children cruelly
- Insensitive to pain and suffering
- High expectations of children beyond their abilities
- Tease children or younger sibling until they cry
- Doesn't treat other people with respect

## **Playful Use of Force During Sex**

- Little concern over whether you want sex or not, & uses sulking or anger to manipulate you into compliance
- Makes sexual or degrading jokes about you

## **Rigid Sex Roles**

- Believes women are inferior to men
- Unable to be a whole person without a relationship

## **Dr. Jekyll & Mr. Hyde**

- Sudden mood changes--like they have two different personalities
- One minute nice/next minute exploding
- One minute happy/next minute sad

## Past Battering

- You may hear the person was abusive to someone else they were in a relationship with, they may deny it saying it is a lie or their ex is crazy/it wasn't that bad

## Breaking or Striking Objects

- Used as punishment
- Breaks cherished possessions
- May beat on tables with fist
- Throws objects at/around/or near you

## Any Force during an Argument

- Physically restrains you from leaving the room
- Pushes or shoves you

## Questions to Ask

- Are you in a relationship in which you have been physically hurt or threatened by your partner?
- Are you in a relationship in which you felt you were treated badly? In what ways?
- Has your partner ever **destroyed things** that you care about?
- Has your partner ever threatened or **abused your children**?
- Has your partner ever **forced you to have sex** when you didn't want to?
- What happens when you and your partner **disagree**?
- Do you ever feel **afraid** of your partner?
- Has your partner ever **prevented you** from leaving the house, seeing friends, getting a job or continuing your education?
- If your partner uses **drugs/alcohol**, how does he act? Is he ever verbally or physically abusive?
- Do you have **guns** in your home? Has your partner ever **threatened to use them** when he was angry?