Red Flags for Abusive Relationships

QUESTION RELATIONSHIPS WITH PARTNERS WHO:
- Blame you for everything
- Have a history of trouble with the law, get into fights, or break and destroy property
- Blame you for how they treat you, or for anything bad that happens
- Abuse siblings, other family members, children or pets
- Put down people, including your family or friends, or call them names
- Are always angry at someone or something
- Try to isolate you and control whom you see or where you go
- Nag you or force you to be sexual when you don’t want to be
- Are physically rough with you (push, shove, yank, squeeze, restrain)
- Take money or take advantage of you in other ways
- Accuse you of flirting or “coming on” to others or accuse you of cheating on them
- Threaten to kill themselves if you break up with them or tell you they cannot live without you
- Experience extreme mood swings...tell you that you’re the greatest one minute and rip you apart the next
- Tell you to shut up or tell you that you’re dumb, fat, stupid, or some other insulting name (directly or indirectly)

OTHER CUES THAT MIGHT INDICATE AN ABUSIVE RELATIONSHIP MIGHT INCLUDE:
- You feel afraid to break up with them
- You feel tied down, like you have to “check-in”
- You feel afraid to make decisions or bring up certain subjects so that the other person won’t get mad
- You tell yourself that if you just try harder and love your partner enough everything will be just fine
- You find yourself crying a lot, being depressed or unhappy
- You find yourself worrying and obsessing about how to please your partner and keep them happy
- You find the physical or emotional abuse getting worse over time