

Red Flags for Abusive Relationships

QUESTION RELATIONSHIPS WITH PARTNERS WHO:

- Blame you for everything, including how they treat you or anything bad that happens between you
- Have a history of trouble with the law, get into fights, or break and destroy property
- Abuse siblings, other family members, children, pets or property
- 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 who you see, where you go, or who you talk to
- Nag you or force you to be sexual when you don't want to be. Continue to pressure you after you've said no
- 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
- Call you names or verbally attack you for no apparent reason

OTHER CUES THAT MIGHT INDICATE AN ABUSIVE RELATIONSHIP MIGHT INCLUDE:

- You feel afraid
- 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

