



Warning signs of an abusive relationship

If you recognize any of the behaviors listed below you, a friend or a relative may be in an abusive relationship:

- Excessive jealousy
- Possessiveness
- Unrealistic expectations of self and others
- Doesn't want you to go out with friends or won't let you come and go as you please
- Calls on the phone all the time and spies on you
- Constantly questions you about where you are and who are you with
- Excessive anger over minor things
- Breaks objects or intentionally damages your personal property
- Verbal abuse, attacks, or accusations
- Belittles or humiliates you
- Makes all decisions; won't share in planning activities
- Dictates what you can and cannot do
- Doesn't respect your values; pressures you to do things you don't feel are right
- Cruelty to animals, children or elderly
- Blames others for problems or actions
- Sudden mood swings
- Has hit or threatened someone in the past
- Uses force during an argument
- Threats of violence or suicide