



Warning Signs

Red Flags and Warning Signs that Someone may be Abusive:

- Wants to know where you all the time
- Constantly texting or calling
- Overly jealous, accusing you of having affairs, possessive of you
- Minimizes your feelings and concerns
- Your opinion is not “considered” or doesn’t appear to be valued, undermines you
- Wants the relationship to move quickly
- Doesn’t respect your boundaries
- Doesn’t see he/she is doing anything wrong with how he/she treats you
- Dr. Jekyll & Mr. Hyde behavior: shows “one side” to other people and shows a different one to you
- Limits your time with your friends & family, isolates you from them
- Doesn’t take responsibility for his/her choices, blames others for what he/she does
- History of being abusive in the past
- Unrealistic expectations, unreasonable demands
- Tells you that you are “crazy”, “stupid” or other names
- Criticizes how you look, says no one else would want you
- Disrespectful towards women through attitude, beliefs, comments, and jokes
- Manipulative
- Entitled, feels he/she is “owed” certain things, that he/she deserves it...
- “Punishes” you, threatens you, acts on the threats
- Tells you what you can wear, where you can go, what you can do etc.
- He/she is abusive towards children, including emotional abuse
- He/she is overly sensitive, gets upset over normal life situations, feels ‘injustices’ by many
- Deprives you of your own ‘personal space’, doesn’t allow you to be alone

*Please note that this list is not all inclusive