

Warning Signs of an Abusive Relationship

Your partner may be an abusive person if they:

- Won't let you talk to other people, even if they are friends. Your partner is very jealous.
- Continually criticize what you wear and what you do.
- Like to scare you by driving fast or doing reckless things.
- Want to know where you are and who you are with at all times.
- Tell other people about things you did or said that embarrass you or make you feel stupid.
- Get carried away during horseplay and hurt you, or hold you down and make you feel helpless until you give in or feel humiliated.
- Become very angry about trivial things- like not being ready on time for a date or wearing the "wrong" clothes.
- Criticize your friends and ask you to stop seeing them.
- Are often depressed or withdrawn but won't talk about their feelings.
- Come from an abusive home.
- Become very angry or violent when using alcohol or drugs.
- Force you to do anything sexually that you don't feel ready to do- either by physical force or by put-downs, threats to leave or other emotional pressures.
- Continually tell you that you are stupid, lazy, fat, ugly, a "slut", and so on.
- Have "traditional" ideas about what men and women should be and do.
- Make degrading jokes about women, display interest in other people to make you scared or upset.
- Make threats about hitting you, hurting your friends or pets, or killing themselves if you do not obey.
- If your partner has hit you, even if they were very sorry afterward.