



Warning Signs in Relationships

If you are in an intimate relationship with someone, you deserve for that relationship to be healthy. The following points should be carefully considered. If any of the following points exist in your relationship, it may be abusive.

Does the person I am with:

- ✓ Get extremely jealous or possessive?
- ✓ Accuse me of flirting or cheating?
- ✓ Constantly check up on me or make me check in?
- ✓ Tell me how to dress or how much makeup to wear?
- ✓ Try to control what I do and whom I see?
- ✓ Try to keep me from seeing or talking to my family or friends?
- ✓ Have big mood swings – getting angry and yelling at me one minute, and being sweet and apologetic the next?
- ✓ Make me feel nervous or as if I'm walking on eggshells?
- ✓ Put me down or criticize me?
- ✓ Make me feel that I can't do anything right?
- ✓ Make me feel that no one else would want me?
- ✓ Threaten to hurt me?
- ✓ Threaten to hurt my friends or family?
- ✓ Threaten to commit suicide?
- ✓ Threaten to hurt him- or herself because of me?
- ✓ Threaten to hurt my pet(s)?
- ✓ Threaten to destroy my things?
- ✓ Hurt me physically? (includes yelling, grabbing, pushing, shoving, shaking, punching, slapping, holding me down, etc.)
- ✓ Break or throw things when we argue?
- ✓ Pressure or force me into having sex or going further sexually that I want to?

If you feel like you or a friend needs help, contact A Woman's Place.

1.800.220.8116

www.awomansplace.org