



# Signs of Abusive Relationships

The following is a list of warning signs for potentially abusive relationships. They are presented as guidelines and cues to pay attention to, not as judgements on the worth of the other person.

## **Inquire relationships with partners who:**

- Blame you for how they treat you or for anything that happens
- Abuse siblings, other family members, children or pets
- Put down people, including your family and friends, or call them names
- Are always angry at someone or something
- Try to isolate you and control who you see or where you go
- Nag you
- Force you to be sexual when you don't want to be or Cheat on you
- Are physically rough with you (push, shove, pull, yank, restrain)
- Take your money
- Take advantage of you
- Accuse you of flirting or coming on to others or cheating on them
- Ignore you, or give you the silent treatment
- Abuse alcohol or other drugs
- Have a history of trouble with the law
- Get into fights
- Break and destroy property
- Make vulgar comments about others in your presence
- Tell you how to dress / act/ behave
- Threaten to kill themselves if you break up with them
- Tell you they cannot live without you
- Tell you you're the greatest one minute then rip you apart the next minute
- Tell you to shut up or tell you you're dumb, stupid, fat, or call you some other name
- Compare you to other partners

## **Some other cues that might indicate an abusive relationship might include:**

- You feel afraid to break up with them
- You feel tied down
- You feel like you have to check in
- You feel afraid to make decisions or bring up certain subjects
- You tell yourself that if you just try harder and love your partner enough that everything will be just fine
- You find yourself crying a lot, being depressed or unhappy

**For Support Call** Elmwood Community Resource Center - 204-982-1720 or

Klinik 24 hour Crisis Line: 1-888-322-3019 or 204-786-8686