

## Red Flags

### of Abuse in Relationships



*Check out Your Life for Answers*

#### **Does your loved one...**

- \_\_\_ Act jealous or possessive toward you, check up on you
- \_\_\_ Refuse to let you have other friends
- \_\_\_ Have quick temper, extreme mood swings
- \_\_\_ Blame others for his/her problems, feelings, behaviors
- \_\_\_ Have difficulty identifying feelings and communicating them
- \_\_\_ Look at the opposite sex as sex objects
- \_\_\_ Always have to be in control
- \_\_\_ Have unrealistic expectations of you or the relationship
- \_\_\_ Get too serious too fast
- \_\_\_ Refuse to accept breaking up
- \_\_\_ Abuse drugs, alcohol, or other mood-altering substances
- \_\_\_ Pressure you for sex
- \_\_\_ Mistreat animals or children
- \_\_\_ Have a history of bad relationships
- \_\_\_ Scare you, threaten you or others
- \_\_\_ Have a history of fighting
- \_\_\_ Own or use weapons or display them to back up threats
- \_\_\_ Become violent with you or others

#### **Do you...**

- \_\_\_ Apologize all the time, accept all the blame when things go wrong
- \_\_\_ "Walk on eggs," watching every word you say
- \_\_\_ Rehearse what you say to your loved one so you won't set him/her off
- \_\_\_ Cry more than you need to
- \_\_\_ Hold in your feelings, especially your anger
- \_\_\_ Constantly try to figure out how to gain your loved one's approval
- \_\_\_ Give up interests, activities, people that were once important to you
- \_\_\_ Hold yourself back in your personal advancement
- \_\_\_ Let yourself go physically, gaining or losing a great deal of weight
- \_\_\_ Find excuses not to leave the house
- \_\_\_ Hear warnings from others about your loved one as to your safety

Many swimmers die because they don't accurately assess the danger of the waters in which they are swimming. They ignore the warning signs because they have an overwhelming attraction to the water. If they knew they were going to drown, do you think they would have continued to swim in those dangerous waters? How about you? If you answered yes to any of these questions, a yellow cautionary flag is in order. If three yes answers are given, you are swimming in dangerous waters. If you answered yes more than five times, you probably need to get out of the water and onto safe land. Call the **National Domestic Violence Hotline:**



**1-800-799-SAFE (7233)**