

RED FLAGS OF ABUSIVE BEHAVIOR

Warning Signs	Caution Signs	Danger Signs
<p><i>Your partner:</i></p> <ul style="list-style-type: none">  rushes things in the relationship → “I’m not sure I’m ready to call him my boyfriend but he’s insisting we define the relationship.”  is manipulative → “She said if I really love her, I’d want to hang out with her instead of my friends.”  is argumentative → “I swear it’s like everything I say sparks an argument with him.”  is hypersensitive → “She makes jokes about me all the time but if I say something that she considers out of line, it’s game over.”  blames others → “Nothing is ever his fault.” 	<p><i>Your partner:</i></p> <ul style="list-style-type: none">  isolates you → “I feel like I never see my friends anymore.”  is jealous or possessive → “It’s like he assumes I’m cheating on him.”  is controlling → “She’s texting me all the time asking where I am.”  is verbally abusive → “He’s always putting me down and calling me names.”  has sexist attitudes → “He told me I was too pretty to be in advanced math.”  has sudden mood changes → “We’ll be hanging out having a good time and then she’ll just lose it over nothing.” 	<p><i>Your partner:</i></p> <ul style="list-style-type: none">  has a short fuse → “It’s like he goes from 0 to 100 when we argue.”  argues with force → “She always curls her fists and gets in my face when she’s mad.”  threatens violence → “He says I’m lucky he doesn’t hurt me every time I make him mad.”  breaks or strikes objects → “She’s broken a bunch of stuff in my room. She even cracked my laptop case.”  has been abusive to past partners → “I always thought that his ex was lying but I think she was telling the truth about what he did.”

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