

FIND HELP

No one has a right to harm you physically, emotionally, psychologically, or sexually. You are important. You have value. Your life matters.

If you think you might be in an abusive relationship, here are some places to find practical help:

- ✓ **Call** a therapist, mental health professional, or doctor
- ✓ **Join** a support group
- ✓ **Contact** The National Domestic Hotline at thehotline.org or 800-799-7233
- ✓ **Call** YWCA 202-467-0801
- ✓ **Contact** salvationarmy.org or 800-725-2769
- ✓ **Visit** domesticshelters.org

KEEP IN MIND

Leaving an abusive situation can feel terrifying and impossible, but you don't have to do it alone.



The Red Flags of Domestic Abuse
Health & Wellness

The Red Flags of Domestic Abuse

Are you in a relationship that makes you feel confused, anxious, or fearful?

What are the signs of domestic abuse? How can you know if your partner has abusive tendencies? Is there a way to predict whether the relationship will become or continue to be abusive?

Domestic abuse is a pattern of behaviors used by one partner to maintain power and control over another partner in an intimate relationship and affects 1 in 4 women and 1 in 7 men. It can happen to anyone anywhere and is not limited to physical violence.

RECOGNIZE AN ABUSER

Many people think they'd recognize an abuser, but you can't judge from appearance, profession, or personality. However, there are some things to watch for.

Abusers often:

- seem charming/charismatic, fool others into believing they're a great person
- want to jump into a relationship quickly, hold unrealistic expectations
- act like their abuse is no big deal, see their victim as property
- blame the victim or other things, have a history of abuse

ARE YOU IN AN ABUSIVE RELATIONSHIP?

Victims don't always realize their relationship is abusive. They may blame themselves, or they're so controlled by their partners, they don't see the signs. Any of the following behaviors are red flags.

You might be in an abusive relationship if your partner:

- tells you (or makes you feel like) you can't do anything right, insults, demeans, or shames you (especially in front of others)
- becomes extremely jealous, wants you to spend all your time with them, isolates you
- won't let you make decisions
- controls finances
- pressures you to do things you're not comfortable with
- intimidates or threatens you physically, mentally, emotionally, or sexually with looks, actions, or weapons
- insults your parenting skills, threatens to harm or take away children or pets
- destroys your belongings or your home
- is physically violent toward you