

# Early Warning Signs of an Abusive Relationship

**Even one of these signs indicates an abusive relationship.**

## 1. Exaggerated Attention:

- ◆ Shown by '24/7' charming attention.
- ◆ Wherever your partner goes they want you to be there.
- ◆ Non-stop texts/calls throughout the day.
- ◆ Excuses for making texts/calls or saying they just miss you.

## 2. Possessiveness

- ◆ Your partner makes it so that you don't have time to see anyone else but them.
- ◆ They don't want you to spend time with your family or friends.
- ◆ They want to know where you are at all times, including details such as: what you are doing, who you are with and what you are wearing.

## 3. Jealousy

- ◆ You are being watched with unreasonable suspicion for fear you may become interested in someone else.
- ◆ You are questioned about the people you come into contact with; co-workers, fellow students or friends.
- ◆ Accusations may be made that you are flirting with others to get attention.
- ◆ Your partner competes with you for attention from others and takes credit for your compliments you may receive.

## 4. Abusive Talk Aimed at You

- ◆ Your partner may dismiss your opinions or not ask for them at all.
- ◆ They may have unpredictable mood swings.
- ◆ They may become verbally abusive; cursing, insulting, mocking, threatening, etc.



## 5. Criticism of Others

- ◆ Your partner criticizes others around you. You may find yourself thinking, "I hope that I never do that, look that way, say that, dress like that..." in fear you may be criticized.
- ◆ If your partner is critical of your friends, family and even strangers they will begin to criticize you, no matter how 'perfect' you think you can learn to be.
- ◆ The goal is to make you doubt and isolate yourself, making it easier for them to control you.

**Please remember that just because you are aware of these behaviours does not mean you can control or change either the relationship or your partner.**

