

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.



Your Early Reactions to an Abusive Partner

Some of the ways you may begin to react to an abusive partner early in the relationship are:

1. Over Explaining

Be very careful if you find yourself over explaining to your partner where you have been and what you have been doing when you are not together.

2. Apologies

You may find you are constantly apologizing for things you haven't done. Even apologizing for accusations that are untrue or imagined.

3. Efforts to Please

You may find yourself lost in efforts to please someone, who in the end you cannot please. You should not have to give up any part of yourself to have a healthy relationship.

4. Changing

People close to you may start to notice changes in you. This could be attitude, appearance, interests, activities, etc.

You start changing due to criticism directed at you or those around you.

5. Misinterpretation

Misinterpreting possessiveness and jealousy for love and caring. This may be flattering in the beginning of the relationship, believing it is a sign of how deeply you are cared for. It is however, more likely a sign that your partner thinks they have the right to control you.



If you would like more information on healthy relationships or would like to speak to someone, please call one of our offices:

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