

# 20 RED FLAGS OF AN ABUSIVE PERSON

**THE BELOW LIST CONTAINS SOME TYPICAL SIGNS THAT A PERSON MIGHT BE OR MIGHT EVENTUALLY BE AGGRESSIVE OR ABUSIVE TOWARD THEIR SIGNIFICANT OTHER. IF YOU ANSWER YES TO JUST A FEW OF THE QUESTIONS, THAT DEFINITELY DOES NOT MEAN A PERSON HAS A PATTERN OF ABUSE. BUT, IF ANY OF THE QUESTIONS ARE TRUE ABOUT YOU OR YOUR SIGNIFICANT OTHER, YOU SHOULD BE CAREFUL & ALERT WHEN CONTINUING WITH THE RELATIONSHIP. ITS ALSO A GOOD IDEA TO ADDRESS THESE ISSUES RIGHT AWAY WITH THE HELP OF A COUNSELOR.**

- 1.) If the guy becomes VERY into you, very quickly- for example they say "I love you" after 2 weeks - month; suggesting to move in together or get engaged after only a few months; or pressuring you into making a serious commitment.
- 2.) If he is incredibly charming, says all the right things, and comes on super strong.
- 3.) Extreme jealousy!
- 4.) If he talks you into canceling plans with friends and family, & other activities you do without him — maybe he tells you it's because he wants more time with you.
- 5.) If he gets angry when you wear clothing he sees as inappropriate or tries to restrict what you wear all together. Or if he tries to limit your contact with certain people or from going certain places.
- 6.) How does he treat other people? Especially his mother and/or sisters?
- 7.) Does he take responsibility for his own mistakes & failures? Or does he blame others?
- 8.) Does he abuse drugs or alcohol?
- 9.) Are his expectations of a girlfriend unrealistic? For example, expects partner to be perfect and meet all of his needs.

- 10.) Does he act like he's 'hurt' when he doesn't get his way or does he get offended when other people don't agree with his opinion? Or Does he get extremely upset at little inconveniences that are just a normal part of life?
- 11.) Has he ever been mean or abusive to animals?
- 12.) Does he have a history of being violent with his past partners?
- 13.) Has he ever threatened you with violence, even if it wasn't a 'serious' threat?
- 14.) Does he call you names or put you down? Does he cuss at you?
- 15.) Does he get extremely moody, and switch from being very nice to blowing up with anger?
- 16.) Does he make comments that cause you to question if he believes that women are inferior to men? Has he ever made direct statements about women being inferior?
- 17 .) Does he try to intimidate you? For example, breaking objects or punching walls, etc.
- 18.) Has he ever held you against your will to keep you from leaving?
- 19 .) Was he abused by a parent?
- 20.) Did he grow up in a home where he witnessed there was domestic violence?

\*\*Answering yes to answers 19 & 20 does not mean that a person will definitely be abusive. The majority of children who grow up in abusive homes choose not to be abusive as adults. However, these children still have a higher likelihood than other children of growing up to be involved in abusive relationships. These factors should be considered with other factors as well.