

WARNING SIGNS OF A VIOLENT RELATIONSHIP

Does your partner:

- try to control and isolate you
- exhibit constant jealousy
- have a Dr. Jekyll/Mr. Or Mrs. Hyde personality
- identify with controlling characters
- use alcohol and drugs
- come from an abusive home
- lose his or her temper easily
- blame others for his or her actions
- use aggressive actions
- restrict you/ tell you what to do
- show disrespect for parents or other authority
- tell you that you are worthless
- embarrass you in front of others
- always wants to have his or her way
- not support your relationship with your friends or family
- act very willful and self-centered
- believe that he or she can be violent without any consequences
- blame you for any problems in the relationship
- expect you to agree with his or her ideas
- not support your activities at home and/or school

Do you feel:

- sorry for him or her
- flattered by all of his or her attention
- that all you ever wanted is someone to love and love you back in return
- more relaxed at school and/or work now that you have a girl/boyfriend
- that if you could do everything the person asks, the violence would stop
- responsible for the violence
- afraid to break-up because the person has threatened to tell someone something bad about you
- that you are the only one who loves and understand him or her enough to help that person
- that because you had sex with him or her, the right thing to do is stay with that person
- that his or her possessiveness is proof of that person's love for you
- afraid that if you end the relationship, he or she will hurt him or herself or someone else
- that things will work out and get better on their own
- that when you are married, he or she won't have a reason to feel insecure about losing your love for that person
- no one understands that you really love him or her

Remember-- the violence is NOT YOUR FAULT. The person who behaves violently is responsible for changing that behavior. . Your safety, and perhaps your life, depends on you reaching out for help.



Supported in part by:



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