*Liza Young Counseling, LLC*

**Red Flags**

Abusive behavior often builds so slowly that it’s hard to recognize until you’re deep into the relationship. We naturally want to forgive offenses and move forward to repair the relationship repeatedly. However, with an abuser, they are not repairing the relationship, they are doing just enough to keep you close so that they can continue to control you.

Here are red flags to take note of. I suggest you start a journal with dates and hide it so that you can look back on it and see patterns. If you are in imminent danger, please call 911.

Above all else remember that it is not your fault. Reach out to a trusted person for help.

Red Flags of possible abuse:

Pressures you to move fast in a relationship or pushes for immediate commitment.

Early in the relationship flatters you constantly and seems “too good to be true.”

Blames the entire failure of previous relationships on his or her former partner.

Takes no responsibility for his or her behavior and blames others

Believes in stereotypical gender roles and male supremacy or is domineering.

Is continuously jealous and possessive. Accuses you of cheating.

Isolates you from your friends and family and may try to persuade you not to have a job.

Has two sides to his or her personality—others see your partner as a good person, but behind closed doors, he or she is angry and aggressive toward you.

Experiences most emotions in the form of anger and has difficulty conveying other emotions.

Has a violent temper and quickly changing moods.

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