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| Signs of Abuse domestic abuse/violence  |  | Liza Young Counseling, LLC  |
| 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 therapist who specializes in this for guidance on moving forward. You deserve to live in peace and to be treated with dignity. |  |  |
| What to watch for… 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 little to no responsibility for his or her behavior and blames others.Believes in stereotypical gender roles and is domineering.Is often jealous and possessive. Accuses you of cheating. Has a violent temper and quickly changing moods.**The following are only some signs of abuse but not all the signs. You may not be experiencing all of these but if even one of these is happening, it is abuse.** 1**. Physical abuse**Any use of force or physical harm. This includes keeping you from leaving a room, taking your keys or phone, blocking a doorway.2. **Mental or emotional abuse**A regular pattern of verbal offense, threatening, bullying and constant criticism, as well as more subtle tactics like intimidation,shaming and manipulation.3. **Controlling money**Your partner should not have financial secrets, keep money from you or control how you spend your money.4. **Isolation**Keeping you from seeing friends or loved ones or getting upset when you want to spend time with others. 5. **Threats or intimidation**Looking at you in a certain way, getting in your personal space with intimidation. This may include your partner breaking things on purpose that are sentimental or valuable to you.6. **Threats of suicide**Using threats of suicide as a way to control a partner and/or keep them from leaving.7. **Drug or alcohol abuse**This can lead to other abusive behaviors. One partner insisting the other drink or take drugs is also a form of abuse.8. **Extreme jealousy or possessiveness**Calling or checking up on you excessively or insisting on knowing where you are at every moment. This also includes possessive behavior, such as criticizing or dictating what you wear.**Here are some, certainly not all, signs that you could be in an abusive relationship:****Intimidation:**Making you feel afraid by using looks, actions, and gesturesSmashing things, destroying propertyAbusing petsDisplaying weapons**Verbal:**Putting you down and making you feel bad about yourselfCalling you names and swearing at you Constant criticism Belittling your abilitiesMaking “jokes” at your expense**Psychological:** Playing mind games and making you feel like you’re crazyMaking you feel guiltyGaslightingMinimizing or denying abusive behaviorBlames alcohol, drug use, past trauma, or mental health on abuseTurning things around and blaming youWithholds affection**Isolation:**Controlling what you do, who you see, who you talk to and where you goLimits your outside involvementUses jealousy to justify actions When you go out, constant texts and phone callsKeeps you from seeing friends and family Coerces you to have lots of children and homeschool them**Economic:**Prevents you from getting a jobMakes you ask for money or takes your moneyDoesn’t le t you know about income or have access to bank accountSpends money carelessly, putting you in debt, ruining your creditMakes you work and doesn’t get or keep a job**Spiritual:**Manipulates scripture to make you do things such as submit and give him sex at any timeAssures he is liked by everyone in church so no one would believe youBecomes involved in church, possibly on staff to maintain a good personaTells you what God is saying to coerce youMakes you feel like a bad spiritual person**Male Privilege:**Makes you do all the housework and cookingMakes all the decisions or makes you feel like you are unable to make decisionsEntitled to whatever he wants**Threats:**Threatens to hurt youThreatens to leave youThreatens to commit suicide if you leaveThreatens to harm your family Threaten to keep children from you**Sexual:**Coerces you to have sex with him or some type of sexual activityHolds you down during sexIgnores your feelings about sexMakes you watch porn or try things you are uncomfortable withRapes you, often trying to convince you that you wanted itWithholds sexual activity from youAccuses you of cheatingCheating and using pornography**Physical:** Blocks doorways to prevent you from leavingTakes keys and phoneLocks you inside or outside of a room, closet, or houseSlaps, hits, punches, kicks, shoves, pinches youChokes youGrabs or throws youThrows things at youStalks youTracks your phone or carMakes you drop charges Makes you do illegal things |  |   |
| 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. |