

WARNING SIGNS

The following situations are warning signs of an unhealthy relationship.

- You are afraid to disagree with your partner.
- Your partner's temper scares you.
- Your partner always blames you or others for his problems.
- Your partner tries to cut you off from your friends and family.
- Your partner is very jealous.
- Your partner makes unwanted phone calls or uninvited visits.
- Your partner follows and/or checks up on you.
- Your partner calls you names or yells at you.
- Your partner criticizes or demeans you, especially in front of other people.
- Your partner is unable to express his feelings constructively.
- Your partner tries to control the way you dress, and/or who you see.
- Your partner accuses you of imagined encounters with others .
- You have been afraid to say no to sex.
- You hide things from your partner so as not to upset them.
- Your partner has threatened to commit suicide if you leave.
- Your partner demands that you account for time spent without him/her/ them.
- Your partner throws and/or breaks household objects in anger.
- Your partner says negative things about your friends and family.
- Your partner becomes violent after drinking.
- Your partner has hit, shoved, grabbed, slapped, pushed, or kicked you.