



RED FLAGS for abusive relationships

The following is a list of warning signs for potentially abusive relationships. They are presented as guidelines and cues to pay attention to, not as a judgment on the worth of the other person.

Question relationships with partners who:

- *abuse* alcohol or other drugs.
- have a history of trouble with the law, gets into fights, or break and destroy property.
- don't work *or* go to school.
- abuse siblings, other family members, children or pets.
- put down people, including your family and friends, or call them names excessively.
- are *always* angry at someone or something.
- try to isolate you and control who you see or where you go.
- nag you or force you to be sexual when you don't want to.
- cheat on you or have lots of partners.
- are physically rough with you (push, shove, pull, yank, squeeze, restrain).
- take your money or take advantage of you in other ways.
- accuse you of flirting or "coming on" to others or accuse *you* of cheating on them.
- don't listen to you or show interest in your opinions or feelings. . . things always have to be done *their way*.
- ignore you, give you the silent treatment, or hang up on you.
- lie to you, don't show up for dates, maybe even disappear for days.
- "check out" or make lewd comments about others in your presence.
- blame all arguments and problems on you.
- tell you how to dress or act.
- threaten suicide if you break up with them.
- experience *extreme* mood swings. . . tell you you're the greatest one minute and rip you apart the next minute.
- tell you to shut up or tell you you're dumb, stupid, fat, or call you some other name (directly or indirectly).
- compare you to former partners or *excessively* bad mouth former partners.

Some other cues that might indicate an abusive relationship might include:

- you feel afraid to break up with them.
- you feel tied down, feel like you have to check-in.
- you feel afraid to make decisions or bring up certain subjects so that the other person won't get mad.
- you tell yourself that if you just try harder and love your partner enough that everything will be just fine.
- you find yourself crying a lot, being depressed or unhappy.
- you find yourself worrying and obsessing about how to please your partner and keep them happy.
- you find the physical or emotional abuse getting worse over time.

You can talk to someone about what is happening to you:

Minnesota Toll-Free Domestic Violence Crisis Line – 877.223.1111 (24 hour)

Men's Line – 612.379.MENS (6367) (24 hour)

OutFront MinnesotaGLBT Domestic Violence 24-hour line - 800.800.0350 x 702

Domestic Abuse Project Advocacy Program – 612.673.3526 (M-F 8:30-4:30)

Domestic Abuse Project Therapy Program – 612.874.7063 (M-F 9:00- 5:00)