

HOW CAN I TELL IF I AM IN AN ABUSIVE RELATIONSHIP?

It may be hard to recognize you are in an abusive relationship before a serious physical assault happens. However, there are warning signs that can help you identify an abusive relationship before things get out of control.

What Do I Need to Know?

Know the warning signs. There are abusive behaviors often overlooked that can be early indicators that your relationship is headed in the wrong direction.

Here are a few warning signs to remember:

- Extreme jealousy
- Constant put-downs
- Telling you what you can and can't do
- Financial Control
- Possessiveness or controlling behavior
- Making false accusations
- Keeping you from seeing or talking with family and friends

Remember not all of these signs will be in every abusive relationship. But, if you see any of these things in your relationship, take our Healthy Relationship Quiz to help you decide if your relationship is as healthy as you deserve. There are also other things to consider that combined with the above behaviors could be red flags, such as:

- History of abusive behavior, especially against a former dating partner
- Big mood swings
- Explosive temper
- Belief that abuse is acceptable in relationships

What Can I Do?

If you recognize any of the above warning signs in your relationship, you may be in an abusive relationship. Remember that you have many options. Let your partner know that you won't tolerate abuse. Create a **plan** to stay safe, whether you end the relationship or not. Call the police if you are ever in danger or need help. And know your legal rights, especially when you are ready to leave.

You have the right to a safe and healthy relationship..
free from violence and free from fear.