



21 Warning Signs

... of an Abusive Person

Following are some common signs that a person is or may turn out to be abusive to his or her intimate partner. Answering yes to one or two questions below does not necessarily mean a person is abusive. However, if any of the questions below are true about you or your partner, you should be cautious about proceeding with the relationship and be sure to address those issues right away, preferably with the help of a counselor.

AM I / IS MY PARTNER A PERSON WHO...

TRUE of ME

TRUE of MY PARTNER

- | | | |
|---|--------------------------|--------------------------|
| 1. * Was or is abused by a parent? | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. * Grew up in a home where an adult was abused by another adult? | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Gets very serious with boyfriends/girlfriends very quickly - saying "I love you" very early in the relationship, wanting to move in together or get engaged after only a few months, or pressuring partner for a serious commitment? | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. Comes on very strong, is extremely charming and an overly smooth talker? | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. Is extremely jealous? | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. Isolates partner from support systems - wants partner all to themselves, and tries to keep partner from friends, family or outside activities? | <input type="checkbox"/> | <input type="checkbox"/> |
| 7. Attempts to control what partner wears, what s/he does or who s/he sees? | <input type="checkbox"/> | <input type="checkbox"/> |
| 8. Is abusive toward other people, especially mother or sisters if he is a male? | <input type="checkbox"/> | <input type="checkbox"/> |
| 9. Blames others for one's own misbehavior or failures? | <input type="checkbox"/> | <input type="checkbox"/> |
| 10. Abuses drugs or alcohol? | <input type="checkbox"/> | <input type="checkbox"/> |
| 11. Has unrealistic expectations, like expecting partner to meet all of one's needs and be the perfect partner? | <input type="checkbox"/> | <input type="checkbox"/> |
| 12. Is overly sensitive - acts 'hurt' when not getting one's way, takes offense when others disagree with an opinion, gets very upset at small inconveniences that are just a normal part of life? | <input type="checkbox"/> | <input type="checkbox"/> |
| 13. Has ever been cruel to animals? | <input type="checkbox"/> | <input type="checkbox"/> |
| 14. Has ever abused children? | <input type="checkbox"/> | <input type="checkbox"/> |
| 15. Has ever hit a boyfriend or girlfriend in the past? | <input type="checkbox"/> | <input type="checkbox"/> |
| 16. Has ever threatened violence, even if it wasn't a 'serious' threat? | <input type="checkbox"/> | <input type="checkbox"/> |
| 17. Calls partner names, puts him/her down or curses at him/her? | <input type="checkbox"/> | <input type="checkbox"/> |
| 18. Is extremely moody, and switches quickly from being very nice to exploding in anger? | <input type="checkbox"/> | <input type="checkbox"/> |
| 19. If a male, believes women are inferior to men and should obey them? | <input type="checkbox"/> | <input type="checkbox"/> |
| 20. Is intimidating, for example using threatening body language, punching walls or breaking objects? | <input type="checkbox"/> | <input type="checkbox"/> |
| 21. Holds partner against his/her will to keep him/her from walking away or leaving the room? | <input type="checkbox"/> | <input type="checkbox"/> |

* Numbers 1 and 2 do not indicate a person will be abusive. The majority of children who grow up in abusive homes choose not to be abusive as adults. However, these children have a higher likelihood than other children of growing up to be involved in abusive relationships. These factors should be considered with other factors.