Domestic Abuse and Domestic Violence: 10 Warning Signs of Abuse and an Abusive Relationship

#1 Controlling Abusers wield their control like a weapon!

#2 Restricting Relationships Abusers will try to restrict their victim’s relationships with family and friends.

#3 Jealousy and Possessiveness They may be jealous with family members and even your relationship with your child or pet!

#4 Inequity of Power In an abusive relationship, there is a very unequal balance of power.

#5 Won’t Take No for an Answer If a partner refuses to accept ‘no’ for an answer, this is a sign of a real problem.

#6 Explosive Temper Abusers often have a very hot temper; many go from zero-to-sixty in an instant.

#7 They Make (and Break) Promises All the Time Abusive individuals will often spew promises in an attempt to control and manipulate their partner.

#8 Destruction of Self-Worth Abusers work very hard to destroy their victim’s sense of self-worth and confidence.

#9 Fear and Threats An abuser will instill feelings of fear in their victim.

#10 Physical Harm It’s essential to recognize physical abuse as such. It is never, ever acceptable to slap, punch, choke, grab, shake, spit or otherwise lash out at your partner in a physical manner. Even if it happens only once, this is abuse.

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