

## Classic warning signs of an abuser

1. **Pushes for Quick involvement:** Comes on strong, presses for an exclusive relationship and commitment almost immediately.
2. **Jealous:** Excessively possessive; calls constantly, even at work, or visits unexpectedly.
3. **Controlling:** Interrogates you intensely about whom you talked to and where you were? Always wanting an explanation of who was on the phone, etc.
4. **Unrealistic Expectations:** Expects you to be the perfect mate and meet all of his or her needs.
5. **Isolation:** Tries to cut all ties from your family and friends; accuses people who are your supporters of "causing trouble" or not liking him or her.
6. **Blames others for problems and/or mistakes:** It's always someone else's fault.
7. **Makes others responsible for his or her feelings:** The abuser says, "you're hurting me by not doing what I tell you".
8. **Hypersensitivity:** Is easily insulted, claiming hurt feelings when he or she is really angry.
9. **Cruelty to animals & children:** Brutally kills or punishes, or Threatens to kill or punish animals. Also may expect children to do things that is far above their ability. Sixty-five % of abusers who beat their partner will also abuse children.
10. **"Playful" use of force during sex:** Enjoys throwing you down or holding you against your will during sex.
11. **Verbal abuse:** Constantly criticizes, says blatantly cruel things, name calling or curses at you.
12. **Rigid gender roles:** Expects you to serve, obey and remain at home.

13. Sudden Mood swings: From sweet to violent in minutes.
14. Past battering: Admits to hitting a mate in the past, but says the person "made" him or her do it.
15. Threats of Violence: Says things like "I'll break your neck" or "I'll kill you", then dismisses them with "Everybody talks that way" or "I didn't really mean it".