

Seven signs of an abusive relationship

It can be hard to tell if your partner or ex-partner is behaving in an abusive way.

Here are 7 warning signs to look for:

1. Your partner insults you, does not consider your feelings, and says you are imagining things or overreacting.
2. Your partner acts jealous or accuses you of cheating.
3. Your partner does not let you talk to your family/friends.
4. Your partner limits your access to money, the car or a phone and social media.
5. Your partner stops you from going to school or finding a job, or harasses you while you are working.
6. Your partner does not give up control in any aspect of your life, including the use of contraceptives or the decision about when to have children.
7. Your partner hurts or threatens to hurt you, your children, pets, or themselves.



You are not alone.

To speak with a trained advocate,
call or text us 24/7 at:

866.685.1122

safe-sound.org

Services are confidential and provided at no charge.