

Red Flags of an Abusive Person

1. **JEALOUSY:** it's a sign of possessiveness and lack of trust. He/ she will question the woman about who she talks to, accuse her of flirting, or be jealous of time she spends with family, friends, or children. As jealousy progresses, he/she may call her frequently during the day or drop by unexpectedly.
2. **CONTROLLING BEHAVIOR:** He/she will question her closely about where she went, and whom she has talked to. As this behavior gets worse, he/she may not let the woman make personal decisions about the house, her clothing.
3. **QUICK INVOLVEMENT:** Many victims dated or knew their abuser for less than six months before they were married, engaged or living together. He/she will pressure their partner to commit to the relationship in such a way that later the partner may feel very guilty for letting them down" if they want to slow the involvement down or break it off.
4. **UNREALISTIC EXPECTATIONS:** Abusive people will expect their partner to meet all their needs. He/she expects the woman to be the perfect wife, mother, lover, and friend. He/she will say things like "If you love me, I'm all you need—you're all I need". A woman is supposed to take care of everything for him/her emotionally and in the home.
5. **ISOLATION:** The abusive person tries to cut the woman off from people who support her. If she has male friends, she's a flirt, if she's close to family, she's "tied to the apron strings". He/she accuses people who are part of the woman's support system of "causing trouble" between them.
6. **BLAMES OTHERS FOR THEIR PROBLEMS:** He/she may make mistakes and then blame the woman for upsetting him/her and keeping him/her from concentrating on their job or school. He/she will tell the woman she is at fault for almost anything that goes wrong.
7. **BLAMES OTHERS FOR THEIR FEELINGS:** He/she will tell the woman "You make me mad", "You're hurting me by not doing what I want you to do", and "I can't help being angry".
8. **HYPERSENSITIVITY:** An abuser is easily insulted. He/she claims their feelings are "hurt" when really he/she's very mad or he/she takes the slightest setbacks as personal attacks. He/she will "rant and rave" about the injustice for things that have happened—things that are truly just a part of living—like being asked to work overtime, getting a traffic ticket, being told some behavior is annoying, or being asked to help with daily chores.
9. **CRUELTY TO ANIMALS OR CHILDREN:** This is a person who punishes animals brutally or is insensitive to their pain, suffering and daily needs.
10. **VERBAL ABUSE:** In addition to saying things that are meant to be cruel and hurtful, this can be seen when the abuser degrades the woman, cursing her, running down any of her accomplishments. The abuser will tell the woman that she's stupid and unable to function without him/her. This may involve waking the woman up to verbally abuse her, or not letting her go to sleep.
11. **RIGID SEX ROLES:** The abuser expects a woman to serve him: he/she may say the woman must stay at home, that she must obey in all things—even things that are criminal in nature. The abuser will see women as inferior to men, responsible for menial tasks, stupid and unable to be a whole person without their relationship
12. **DR. JEKYLL AND MR. HYDE:** Many women are confused by their abuser's "sudden" change in moods.
13. **PAST BATTERING:** This person may say he/she has hit women in the past, but they were made to do so. The woman may hear from relatives or ex-spouses/girlfriends that the person is abusive, but the batterer will have an explanation. The batterer will eventually be violent in every relationship, provided they are in the relationship long enough. Situational circumstances **do not** make a person an abusive personality.
14. **BREAKING OR STRIKING OBJECTS:** This behavior is used as punishment (breaking cherished possessions), and is mostly used to terrorize the woman into submission. The abuser may beat on the table with his/her fist; throw objects around or near the woman. Again, this is very remarkable behavior —not only is this a sign of extreme emotional immaturity, but there's great danger when someone thinks they have the 'right' to punish or frighten their partner.
15. **ANY USE OF FORCE DURING AN ARGUMENT:** This may involve a batterer holding a woman down, physically restraining her from leaving the room, any pushing or shoving. They may hold the woman against the wall and say, "You're going to listen to me!"

Genesis House Domestic Violence Shelter

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KINDS OF ABUSE

PHYSICAL ABUSE

Pushing or shoving
Kicking
Bending fingers backward
Withholding medication
Throwing down the stairs
Threatening with weapon
Throw objects at you
Pushing you out of car
Squeezing
Grabbing
Tripping
Banging head into wall
Refuse medical treatment
Twisting your arm
Choking
Slapping
Punching
Burning
Locking out of house
Cutting
Holding you down
Pinching
Suffocating
Biting

SEXUAL ABUSE

Raping
Accusing of affairs
Forcing unwanted sex acts
Constant sexual demands
Treating women as objects
Bragging about affairs
Criticizing sexuality
Forcing sex after violence
Not allowing birth control
Forcing pregnancy
Violence for refusing sex
Criticizing appearance
Forcing you to live together

FINANCIAL ABUSE

Taking your money
Selling your belongings
Destroying your things
Forcing you to write bad checks
Not allowing school
Not allowing you to work
Spending money on drugs

VERBAL ABUSE

Yelling, screaming
Cursing
Putting women down
Talking to you like a child
Tell you no one else would want you
Humiliating in public
Demanding your passwords
Telling you you're crazy
Constant phone calls
Checking up on you
Calling you names
Constant criticizing
Threatening to hurt you
Threatening to kill you
Putting down family
Belittling accomplishments

EMOTIONAL ABUSE

Embarrassing you
Causing crises for attention
Constant demands on you
Only his friends are allowed, not yours
Threatening suicide
Reading your text messages or emails
Tracking your facebook and Twitter accounts
Not allowing privacy
Unpredictable moods
Threatening your family
Threatening your friends
Hurting your pets
Threatening the pets
Not allowing you the phone

Tells you others don't like you
Destroying cherished belongings
Refusing to talk to you
Ignoring your feelings
Manipulating you with lies
Withholding approval or affection as punishment

DOMESTIC VIOLENCE

A pattern of abusive behavior, including physical, psychological, sexual and verbal attacks, as well as economic coercion, used by the offender to establish and maintain power and control over their intimate partner or family member.

- *Females ages 16-24 are more likely than any other age group to be victims of dating violence.*
- *@ 1 in 4 female high school students reports being physically and/or sexually abused by a dating partner.*
- *20% of surveyed male students report witnessing someone they go to high school with physically hit someone they were dating.*
- *In Ohio, @ 80% of violent juvenile offenders and adult prisoners come from homes in which domestic violence occurred.*