



Warning Signs That I Am Abusive

Adapted from CORA.org

- I feel jealous often. I am jealous of other people in my partner's life. I want them to only be with me.
- I constantly question them about whereabouts, phone calls and conversations. I feel I have the right to tell my partner what to do, who to talk to, where to go, what to wear.
- I give my partner ultimatums. I make them choose between me and other things in their life.
- I take my anger out on things in front of my partner (i.e. I have broken, punched or thrown things, when angry).
- I have grabbed, pushed, slapped or hit my partner when I'm angry.
- I blame others for my problems or my feelings.
- If I hurt my partner, I blame them. I make excuses for my reactions, especially if others are hurt by them. I blame my behavior on alcohol or drugs.
- I believe I should be in control of the relationship. I believe my partner is inferior to me. I believe my partner is my property.

Remember: Abuse is a choice.