



Red Flags

The following questions ask you about your relationship. If you are not currently in a relationship, these are signs or “red flags” to assist people in identifying a potentially abusive person.

- Do you feel nervous around your partner?
- Do you have to be careful to control your behavior to avoid your partner’s anger?
- Do you feel pressured by your partner when it comes to sex?
- Are you scared of disagreeing with your partner?
- Does your partner criticize you, or humiliate you in front of other people?
- Is your partner always checking up or questioning you about what you do without your partner?
- Does your partner repeatedly and wrongly accuse you of seeing or flirting with other people?
- Does your partner tell you that if *you* changed, he or she wouldn’t treat you like this?
- Does your partner’s jealousy stop you from seeing friends or family?
- Does your partner make you feel like you are stupid or crazy?
- Has your partner ever scared you with violence or threatening behavior?
- Does your partner prevent you from going out or doing things you want to do?
- Has your partner said “I will kill myself if you break up with me” or “I will hurt/kill you if you break up with me”?
- Does your partner make excuses for the abusive behavior? For example: saying, “it’s because of alcohol or drugs”, or because “I can’t control my temper”, or “I was just joking”?

You do not deserve to be abused. Create a safety plan or call someone to talk about your relationship. You may also want to contact the police, a local domestic violence center or call the National Domestic Violence Hotline at (800) 799-SAFE.