

# 10 WARNING SIGNS OF ABUSE



There are many forms of abuse such as: physical, sexual, emotional, financial, spiritual, and exploitation.

Important warning signs of an abusive relationship may include:

## 1 QUICK INVOLVEMENT & UNREALISTIC EXPECTATIONS

Does your partner pressure you for commitment? Is your partner dependent on you for their needs?

## 2 FORCE DURING AN ARGUMENT

Does your partner get angry so easily that you feel like you're "walking on eggshells"?

## 3 JEALOUSY & BLAMING

Does your partner act jealous of your friends, family, or co-workers or coerce you into avoiding or not spending time with them? Does your partner blame you for their problems or bad mood?

## 4 CONTROLLING BEHAVIOUR

Does your partner read your e/mail, check your computer history, go through your purse, or other personal papers?

## 5 ISOLATION FROM FAMILY/FRIENDS

Have you lost friends or no longer see some of your family because of your partner?

## 6 MOOD AND PERSONALITY CHANGES

Is your partner like "Dr. Jekyll and Mr. Hyde," acting one way in front of other people and another way when you are alone?

## 7 HYPERSENSITIVITY

Does your partner tease you in a hurtful way & play it off as a "joke" or tell you you're being too sensitive?

## 8 DISRESPECTFUL OR CRUELTY TO OTHERS AND/OR ANIMALS

Does your partner threaten to hurt you, your children, family, friends, or pets?

## 9 FINANCIAL CONTROL

Does your partner keep money from you, keep you in debt, or have "money secrets?"

## 10 BREAKING OR STRIKING OBJECTS

Does your partner throw objects at/around/near you as a form of punishment or break cherished possessions?

If you feel you are in an abusive relationship, please contact the Wheatland Crisis Society at 403-934-6634 or 1-877-934-6634