



Signs of an Abusive Partner



- **Jealousy and possessiveness:** Constantly questioning your whereabouts, checking your phone or emails without permission, and isolating you from friends and family.
- **Controlling behavior:** Dictating what you wear, who you talk to, how you spend your time, and making important decisions without your input.
- **Verbal abuse:** Frequent insults, name-calling, humiliation, yelling, or using demeaning language to undermine your self-esteem.
- **Physical violence:** Any form of physical harm, such as hitting, slapping, kicking, pushing, or restraining you against your will.
- **Intimidation tactics:** Making threats, displaying aggressive behavior, smashing objects, or making you fear for your safety or the safety of loved ones.
- **Blaming and shifting responsibility:** Consistently making you feel guilty, responsible for their actions, or exaggerating your mistakes.
- **Manipulation and gaslighting:** Distorting facts, denying events, or making you question your own memory, perception, or sanity.
- **Sexual coercion:** Pressuring or forcing you into sexual acts without your consent, disregarding your boundaries or feelings.
- **Financial control:** Restricting access to money, controlling your finances, or preventing you from working or making financial decisions.
- **Isolation:** Trying to cut you off from friends, family, or support networks, or monitoring your communication and activities

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this list is not exhaustive