

• DOMESTIC VIOLENCE ACTION CENTRE •

THESE ARE JUST SOME EXAMPLES OF

WARNING SIGNS

THREATS

Intimidating or threatening body language, words, punching walls or breaking objects. Threatens to hurt you, children, pets or themselves.

They threaten violence, even if it wasn't a serious threat or said in a "joking way"

SECRETIVE

Secretive about past relationships. Refers to past partners with negative or derogatory remarks.

They have an unknown past. They use disrespectful actions and language towards you and/or others.

CHARMING

Is extremely charming, an overly smooth talker, promises you the world & puts you on a pedestal.

Comes on very strong, particularly during the beginning stages of a relationship.

BLAME GAME

"You made me angry, that's why I lashed out!"

"My boss is an asshole, that's why I got fired... again!"

"You didn't answer your phone, that's why I got mad."

Blames others for one's own misbehaviour or failures

SENSITIVE

Acts 'hurt' when not getting one's own way. Takes offense when others disagree with an opinion, gets very upset at small inconveniences that are just a normal part of life.

Is overly sensitive and reactionary.

MOODY

Unpredictable mood swings. Has an unreasonable reaction to an otherwise simple disagreement. Becomes withdrawn, sulky, extremely angry or jealous.

Do you feel as though you are walking on eggshells?

