



Warning Signs of an Abusive Relationship



Overview

You may think it's easy to tell when a relationship is abusive. But it isn't always. Abusers can be good at manipulation and control. They can make you doubt yourself. Here are some signs that a relationship may be dangerous.

Trust your feelings

First, trust your feelings. Does something feel wrong? Does your partner blame you for things that aren't your fault, or try to embarrass you in front of others? Do you feel like you aren't supported, respected and valued? Those are all bad signs. Take them seriously. Abuse may start very slowly, but it can get worse over time.

Control and pressure

An abusive partner may try to control you. They might forbid you from seeing or speaking with certain people. You may be pressured to do things you don't want to do, including sexual things you aren't comfortable with. You may be afraid of your partner. This is not a healthy relationship.

Threats and violence

An abusive partner can be very dangerous. Your partner may threaten you, or threaten to hurt someone or something you love. Your partner may become physically violent. This is abuse. You need to make a plan to get away from your partner.

Get help

Women and men can be victims of abusive relationships. It can happen to anyone. The important thing to remember is that it isn't your fault. If you're in a relationship that feels wrong, get out of it. Call a trusted friend. Call a domestic violence agency. And if you are in immediate danger, call the police.

Actor portrayals in photos

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