

You May Be in an Abusive Relationship If...

- ...he tells you he can't live without you.
- ...she blames you for her problems.
- ...he breaks or hits things to intimidate you.
- ...your weight, appearance or grades have changed dramatically since you started seeing this person.
- ...he threatens to hurt himself or others if you break up with him.
- ...the person you're dating acts jealously, says jealous things, or exhibits aggressive behaviors towards you.
- ...he pressures you into having sex, or forces you to do sexual things you don't want to do by saying, "If you really loved me, you would."
- ...she humiliates you and belittles your opinions.
- ...the person you're dating slaps or shoves you in a seemingly playful way, but it happens often and doesn't seem right.
- ...he is jealous and possessive about the time you spend with your friends.
- ...she is constantly checking up on you, and asking where you are and what you are doing.
- ...the person you date has severe mood swings or constant bad moods.
- ...she wants to limit your other school activities, so you can "be together more."
- ...you're frightened of him and worry about how he'll react to things you say or do.
- ...he wants your relationship to get too serious too quickly, and he refuses to take "no" for an answer.
- ...he blames past bad relationships on everything or everybody else instead of accepting any of the responsibility.
- ...she abuses drugs or alcohol and pressures you to take them with her even when you don't want to.
- ...his statements or actions indicate that he thinks men should be in control and women should do what they're told.
- ...the person you're with treats you like property, rather than a person they value.
- ...when she gets angry, she calls you names, kicks, hits or pushes you.
- ...he is abusive or aggressive towards inanimate objects and animals.
- ...the person you are dating forces you to choose being with them over your family and friends.
- ...she makes you feel that her needs and desires come before yours.

- ...he makes you feel afraid to express your own thoughts or feelings, make decisions about how to spend your money, what to wear, where to go, or who to hang out with.
- ...she lashes out or blames you for her bad day.
- ...your family and friends have warned you about this person or have told you that they're worried about your safety.
- ...he may use or own weapons, and has a history of violence and fighting.
- ...she blows disagreements out of proportion.
- ...the person you are with tells you they dislike your parents and friends.
- ...he has hit, pushed, choked, restrained, kicked or physically hurt you.
- ...she constantly threatens to break up with you, or constantly accuses you of planning to break up with her.
- ...he treats his mother disrespectfully.
- ...the person you're with often loses their temper with you, verbally assaults you, sometimes threatens you, or brags about mistreating others.
- ...she wants you to be available to her at all times.
- ...the person you are dating treats their parents badly.
- ...his threats and anger are followed by vows of love and pleas for your forgiveness.