

8 warning signs

THE FOLLOWING BEHAVIOURS MAY BE INDICATORS OF AN ABUSIVE RELATIONSHIP

01

JEALOUSY

Becoming **ANGRY** when you speak with someone of the opposite sex; **DEMANDING** to know your private details; **RESENTING** you spending time with your family or friends; **KEEPING TABS** on where you are and who you are with; **ACCUSING** you of cheating.

02

INTENSITY

SWEEPING YOU OFF YOUR FEET with over-the-top gestures, gifts and dates; **LYING** or exaggerating; **BOMBARDING** you with texts, emails calls, etc; **MOVING TOO FAST**, wanting to move in too soon.

03

ISOLATION

Making you feel **DEPENDENT** on them emotionally, psychologically, socially or financially; **INSISTING** you spend all or most of your time with them; **PREVENTING** you from meeting family or friends.

04

CONTROL

Showing up **UNINVITED** to your home, school or workplace at odd times; **WITHHOLDING** money; **INSISTING** on knowing your passwords; **CHECKING** your phone & emails; **GOING THROUGH** your personal belongings & files.

05

CRITICISM

MAKING YOUR FEEL BAD about yourself; **USING PUT DOWNS** like calling you fat, ugly, stupid, lazy or worthless; **RIDICULING** your beliefs, values or feelings; **TELLING** you that you're a bad parent.

06

ANGER

FRIGHTENING you: **OVER-REACTING** to small problems; **THREATENING** self-harm or harm to you, a loved one or a pet; **VIOLENT PHYSICAL OR VERBAL OUTBURSTS**.

07

BLAME

Making you feel **RESPONSIBLE** or **GUILTY** for their behaviours; **INSISTING** that it is you fault.

08

SABOTAGE

GASLIGHTING by hiding your money, keys or phone; making you **MISS** school, work or social functions because they're having a meltdown; **DESTROYING** your self-esteem.

WORRIED? NEED HELP?

CALL

000 if you are in danger
1800RESPECT for 24/7 counselling and advice
1800 55 1800 KIDS HELPLINE is a specialised 24/7 service especially for children and teens



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IMPACTFORWOMEN.ORG.AU & [FACEBOOK.COM/IMPACTFORWOMENT](https://www.facebook.com/IMPACTFORWOMENT)