

Signs of a potential abuser:

1. **Pushes for quick involvement:** Pressures the new partner for an exclusive commitment almost immediately.
2. **Jealous:** Excessively possessive; calls constantly or visits unexpectedly.
3. **Controlling:** Interrogates you about whom you talked to and where you were; insists you ask permission to do anything.
4. **Unrealistic expectations:** Expects you to be perfect.
5. **Isolation:** Tries to cut you off from family and friends; accuses your supporters of causing trouble.
6. **Blames others for problems or mistakes.**
7. **Makes others responsible for his or her feelings.**
8. **Hypersensitivity:** Is easily insulted.
9. **Cruelty to animals and children:** Kills or punishes animals brutally. May expect children to do things that are far beyond their ability or may tease them until they cry.
10. **“Playful” use of force during sex:** Enjoys throwing you down or holding you down against your will during sex.
11. **Verbal abuse.**
12. **Rigid sex roles:** Expect you to serve and obey him or her.
13. **Sudden mood swings.**
14. **Past battering:** Admits hitting a mate but says the person made him or her do it.
15. **Threats of violence:** Says things like, “I’ll kill you,” and then dismisses them with, “I didn’t really mean it.”

If the abuse has gone this far, it’s time to get out! The toll-free number for the domestic violence hotline is 1-800-799-7233.