

Warning signs that your relationship may be abusive:

Partner is jealous and possessive towards you.

Tries to control where you go and who you see. Isolates you from family and friends.

Is so scary that you worry about how he/she will react to things you say or do.

Has access to and/or an obsession with weapons.

Makes threats of suicide.

Ending of relationship is imminent. Perpetrator believes or knows victim is in a new relationship.

Prior strangulation incidents.

Threats to harm or kill victim or victim's loved ones including animals.

Perpetrator is experiencing significant losses: loss of housing, employment, custody, recent death of someone close, perceived loss of control, and/or loss of coping mechanisms.

History of drug/alcohol use/abuse.

History of person-on-person violence. (Domestic violence or non-domestic violence).

There are pending legal actions.

Evidence of "parasitic or enmeshed" lifestyle: perpetrator is dependent on victim (emotionally, financially, physically and/or for social interaction/support).

Indications of decomposition: perpetrator's life is spiraling downward, wants to see you "one last time", negative changes in perpetrator's activities and mental health.

What to do if you may be in an abusive relationship:

Get help today. There are support groups, hotlines, therapists and walk in agencies that can help and provide resources.

Create a safety plan.

Consider obtaining a civil protection order.

Always dial 911 in an emergency and report abuse.

Abuse can be physical actions or emotional torment. Establish a safety plan if you are in, or planning to leave an abusive relationship. Please be aware that some safety planning options may not be best for you and your situation.