

Possible Warning Signs in Relationships

If you are in an intimate relationship with someone, is it as healthy as you deserve? Put a check next to any of the responses below that apply to this relationship.

Does the person I am with:

- Get extremely jealous or possessive?
- Accuse me of flirting or cheating?
- Constantly check up on me or make me check in with them?
- Tell me how to dress or how much makeup to wear?
- Try to control what I do and whom I see?
- Have big mood swings – getting angry and yelling at me one minute, and being sweet and apologetic the next?
- Make me feel nervous or as if I'm walking on eggshells?
- Put me down or criticize me?
- Make me feel that I can't do anything right?
- Make me feel that no one else would want me?
- Threaten to hurt me?
- Threaten to hurt my friends or family?
- Threaten to commit suicide?
- Threaten to hurt him- or herself because of me?
- Threaten to hurt my pet(s)?
- Threaten to destroy my things?
- Hurt me physically? (includes yelling, grabbing, pushing, shoving, shaking, punching, slapping, holding me down.)
- Break or throw things when we argue?
- Pressure or force me into having sex or going further sexually than I want to?

If you checked any of these responses, you may be in an abusive relationship.

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