

KNOW THE 8 BEFORE IT'S TOO LATE!

INTENSITY

Excessive charm, lying to cover up insecurity, needing to win over your friends and family immediately, over the top gestures that seem too much too soon, bombarding you with numerous texts and emails in a short time, behaving obsessively, insisting that you get serious immediately.

JEALOUSY

Responding irrationally when you interact with other people, becoming angry when you speak with the opposite sex, persistently accusing you of flirting/cheating, demanding to know private details of your life.

CONTROL

Telling you how to wear your hair, when to speak, or what to think, showing up uninvited at your home/school/job, checking your cell phone, emails, Facebook, going through your belongings, following you, sexually coercing you or making you feel bad about yourself.

ISOLATION

Insisting you only spend time with them, making you emotionally or psychologically dependent, preventing you from seeing your family or friends, or from going to school or work.

CRITISISM

Calling you overweight, ugly, stupid or crazy, ridiculing your beliefs or friends, telling you they are the only one who really cares about you, brainwashing you to feel worthless.

SABOTAGE

Making you miss work, school, or interview, test of competition by starting a fight, having a meltdown or getting sick, breaking up with you or hiding your keys, wallet, text books or phone, stealing your belongings.

BLAME

Making you feel guilty and responsible for their behaviour, blaming the world or you for their problems, emotional manipulation, always saying 'this is your fault'.

ANGER

Overreacting to small problems, frequently losing control, violent outbursts, having severe mood swings, drinking or partying excessively when upset, making threats, picking fights, having a history of violent behaviour and making you feel afraid.



THE RED FLAGS OF MANIPULATION

- 🚩 Your words are used against you
- 🚩 They pose as helpers but their help leaves you feeling miserable
- 🚩 They make a disturbing statement, then claim you misunderstood what they said
- 🚩 They make you feel guilty
- 🚩 They make you question your own sanity
- 🚩 If you don't give them what they want, they will withdraw their love and affection
- 🚩 You are unhappy in this relationship, and yet you fear losing it
- 🚩 Your relationship feels very complex
- 🚩 You always feel you are falling short of their expectations
- 🚩 You feel like you are walking on eggshells
- 🚩 They are trying to isolate you

What does an ABUSIVE RELATIONSHIP LOOK LIKE?

Does your partner ever...

embarrass you with put-downs?

make all the decisions?

control what you do, who you see or talk to, or where you go?

push you, slap you, choke you, or hit you?

look at you or acts in ways that scare you?

stop you from seeing your friends or family members?

control the money in the relationship, take your money, make you ask for money, or refuse to give you money?

prevent you from working or attending school?

tell you that you're a bad parent or threaten to take away your children?

act like the abuse is no big deal, deny the abuse or tell you it's your fault?

attempt to force you to drop criminal charges?

destroy your property or threaten to kill your pets?

intimidate you with guns, knives, or other weapons?

threaten to commit suicide, or threaten to kill you?

If you answered 'yes' to any of these questions ...

You may be in an unhealthy, unsafe, or abusive relationship.