

1 INTENSITY

Someone you just met exhibits the following behavior: **LYING** or exaggerating; **INSISTING** you move in/get married/have kids immediately; trying to win over friends and family; **OVER THE TOP** gestures like expensive gifts/dates, extreme love letters; sweeping you off your feet; **BOMBARDING** you with texts and emails; behaving obsessively and non stop calls.

2 JEALOUSY

Behaving **IRRATIONALLY** when you get a promotion, job or new friend; becoming **ANGRY** when you speak to the opposite sex; persistently **ACCUSING** you of cheating; resenting your time with friends, family, coworkers or activities; **DEMANDING** to know private details of your life.

3 CONTROL

TELLING you how to dress, when to speak or what to think; showing up **UNINVITED** at your home, school, or job; **CHECKING** your cell phone, emails, Facebook; going through your belongings; timing/**FOLLOWING** you; controlling/withholding money; sexually coercing you.

4 ISOLATION

INSISTING you only spend time with them; making you emotionally, psychologically or financially **DEPENDENT**; preventing you from seeing your friends, family or children; **FORBIDDING** you from going anywhere or speaking to anyone; keeping you home.

5 CRITICISM

Calling you overweight, **UGLY**, **STUPID** or crazy; ridiculing your beliefs, ambitions or friends; claiming they're the only one who really cares about you; making you feel bad about yourself; **BRAINWASHING** you to feel worthless; accusing you of being a bad parent.

6 SABOTAGE

Making you **MISS** work or school by starting a fight or having a **MELTDOWN**; being needy when you're busy or doing well; making you believe you're crazy, alone or helpless; **HIDING** your money, keys or phone; stealing your belongings; **DESTROYING** your self-esteem.

7 BLAME

Making you feel **GUILTY** and responsible for their aggressive or **DESTRUCTIVE** behavior; blaming the world or you for their **PROBLEMS**; always saying, "This is your **FAULT**" or "You made me do this."

8 ANGER

OVERREACTING to small problems, frequently losing control, violent **OUTBURSTS**, having severe mood swings, drinking or partying excessively when upset, **THREATENING** to hurt you or loved ones, picking **FIGHTS**, having a history of violent behavior and making you feel **AFRAID**.

There is no justification for abuse. If your partner either threatens or does physically assault you, which includes shoving or pushing, it will only get worse. Inform the authorities, tell your friends or family, and call the national domestic abuse hotline immediately. There are many people who care and want to help you.
FOR HELP: 1-800-799-SAFE

www.EndAbuse4Good.org

End Abuse 4 Good
BREAKING THE CYCLE OF DOMESTIC ABUSE