

21 Early Warning Signs of an Abusive Relationship

- ☒ Speaking disrespectfully about their former partners
- ☒ Acting disrespectfully towards you
- ☒ Building a sense of indebtedness with you
- ☒ Being possessive and jealous
- ☒ Needing constant contact and access
- ☒ Claiming to feel betrayed, lack trust, and feel mistreated
- ☒ Acting self-centered and entitled
- ☒ Not accepting blame but rather blaming others
- ☒ Relationship gets too serious/intense too quickly
- ☒ Relationship seems too good to be true
- ☒ Abuse of drugs or alcohol
- ☒ Demanding and pressuring for sex
- ☒ Intimidating, threatening, or harming things when angry
- ☒ Road rage
- ☒ Holding double standards
- ☒ Isolating you from friends and family
- ☒ Treating you differently in public than in private
- ☒ Appears to be attracted to vulnerability
- ☒ Secretiveness
- ☒ Showing up unannounced or uninvited
- ☒ Needing to be right