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

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