

Red Flags to Consider When Beginning a New Relationship

Quick involvement

- 6 months or less before living together/engaged
- Claims of love at first sight
- Says you are the only one who can make him/her feel this way
- Pressures you for commitment

Unrealistic Expectations

- Compliments you in a way that makes you seem superhuman
- Very dependent on you for all needs
- Expects you to be perfect
- Says things like, "I am all you need. You are all I need."

Controlling behavior

- Advises you how to dress without your asking for advice
- Pretends to be concerned for your safety or your productive use of time
- Acts like you do not have the ability to make good decisions
- Becomes extremely worried or angry when you are late
- Constantly questions who you spend your time with, what you did/wore/said and where you went
- Insists that you check in constantly
- Monitors your phone/email
- Makes you ask permission to do certain things

Jealousy

- Wants to be with you constantly
- Accuses you of cheating all the time
- Follows you around or frequently calls during the day
- Odd behaviors like checking your car mileage or asking friends to check in on you

Isolation

- Tries to cut off all your resources
- Puts down everyone you know; says friends are stupid, promiscuous, or accuses you of cheating with them; says family is too controlling, they don't really love you, or you are too dependent on them
- Refuses to let you use car or talk on the phone
- Makes it difficult for you to go to school or work

Blames others for Problems

- If there are problems at school or work, it is always someone else's fault
- You're at fault for everything that goes wrong in the relationship

Blames others for Feelings

- Makes you responsible for how they feel:
 - You made me sad
 - You're hurting me by not doing what I ask
 - I can't help being angry
 - You make me happy
 - You control how I feel

Hypersensitivity

- Easily insulted
- Sees everything as a personal attack
- Has a tantrum about the injustice of things that happen to him
- Totally goes off about small irritations
- Looks for fights
- Blows things out of proportion

Disrespectful or cruel to others

- Punishes animals/children cruelly
- Insensitive to pain and suffering
- High expectations of children beyond their abilities
- Teases children or younger siblings until they cry
- Doesn't treat other people with respect

Expects control during sex

- Little concern over whether you want sex or not, and uses sulking or anger to manipulate you into compliance
- Makes sexual or degrading jokes about you

Rigid Sex Roles

- Believes women are inferior to men
- Unable to be a whole person without a relationship

Dr. Jekyll & Mr. Hyde

- Sudden mood changes – like the person has two different personalities
- One minute nice/next minute exploding
- One minute happy/next minute sad

Past Battering

- You may hear the person was abusive to someone else they were in a relationship with, they may deny it saying it is a lie or their ex is crazy/it wasn't that bad

Breaking or Striking Objects

- Used as punishment
- Breaks cherished possessions
- May beat on tables with fist
- Throws objects at/around/or near you

Any force during an argument

- Physically restrains you from leaving the room
- Pushes or shoves you