

Dating Violence Warning signs

Nobody wants to be abused or battered by someone they care about. Several of the characteristics listed below are “red flags” that might warn us of potential danger. Others are examples of already dangerous battering behavior that we sometimes confuse with intense feelings of love or caring. Knowing about these danger signs can help you make sense of a scary and confusing situation.

JEALOUSY& POSSESSIVNESS-

We often confuse jealousy with sing that really loves us. In reality, it is an emotion that arises out of a sense of insecurity, distrust and suspicion. Jealousy is a human emotion that we all experience from time to time, but a significant jealous streak could be an early warning sign of an abusive person. A potential batterer may use jealousy as justification for possessive and controlling behavior. Examples of possessive behavior are saying “you’re mine” and not wanting to share your time or attention with anyone else.

CONTROLLING BEHAVIOR-

Examples of this type of “red flag” behavior include wanting to know where you are and who you are with all the time, wanting to know what you are doing at all times, controlling who you talk to and what you are “allowed” to wear, and making all the decisions in the relationship. A person who exhibits this or any other kind of controlling behavior may very well start to use violence as a means of control.

BLAMING & HYPERSENSITIVE-

Be aware of someone who always blames others for every thing that is not right in his or her life. Pay attention to how someone talks about past relationships. Are ex-partners treated badly or called bad names? Does the person seem to overreact when things don’t go his/her way?

PAST USE OF VIOLENCE-

If a person has used violence or other controlling behavior in past relationships, it is likely that those patterns of behavior will continue in new relationships. Any abuse claims made by ex-partners should be taken seriously, even if the person says the claims were made up. Also, once a person because violent in a relationship, he or she will probably continue using violence to control his/her partner and is likely to escalate the violence throughout the relationship.

BREAKING OBJECTS/ HITTING WALLS-

Acts like throwing objects, breaking your possessions, or hitting and kicking walls are examples of behaviors that are meant to be intimidating and therefore controlling. A person who behaves in this way very well uses violence against people too.

UNPREDICTABLE MOOD SWINGS-

Unpredictable mood swings, especially those involving angry out bursts may be a sign of someone who uses violence and manipulation to gain power and control in relationships. Also, if a person shifts from angry and abusive to sweet and charming, it may be a danger sign.