

Safety & Wellness in Conflictual Relationships

Red Flags – Domestic Violence Relationship

Below are some common indicators of a Domestic Violence Relationship. **If you notice that any of these factors are present in your relationship, it's important to seek advice and support from a trusted professional.**

- Your partner says that they want you all to themselves. They insist that you stop spending time with your friends or family.
- Your partner puts down your friends and family to you.
- Your friends and family do not like your partner and warn you that they are not a good person for you to be around.
- Your partner insists that you stop participating in hobbies or activities, quit school, or quit your job.
- Your partner seems excessively jealous and accuses you of being unfaithful.
- Your partner criticizes or puts you down; says you are crazy, stupid, and/or fat/unattractive, or that no one else would ever want or love you.
- Your partner takes no responsibility for his or her behaviour and blames others.
- Your partner blames the entire failure of previous relationships on his or her former partner; for example, "My ex was totally crazy."
- Your partner takes your money or runs up your credit card debt.
- Your partner appears charming, lovely and in control around others but treats you terribly when you're alone.
- You find that you're arguing or fighting a lot of the time.
- You feel that you need to hide the fights or arguments from others.
- You feel afraid of your partner (physically and emotionally)

- Your partner says things that are deliberately hurtful; For example: put downs and insults.
- You feel afraid to break up with them.
- You find yourself apologizing for all the arguments.
- You feel confused about why you're arguing so often.
- Your partner blames you for the arguments/fights.
- You find that you're crying often, you might also feel that you're experiencing depression and/or anxiety related to your relationship.
- You feel afraid to make decisions or bring up certain subjects so that the other person won't get mad.
- You feel that the only way to stop the fighting is to say nothing.
- You don't feel as though you can be your whole or true self in this relationship.
- You feel tied down, you cannot leave.
- You feel threatened (physically or emotionally).
- You feel that you have to check-in with your partner all the time and report where you are, what you're doing, and who you're seeing.
- You find that you're not able to trust your own thoughts, ideas, and instincts when it comes to your partner.
- You find yourself doing things that don't feel right for you to keep the peace, avoid an argument, or to make your partner happy.
- You find yourself having to defend your partner and their behaviour to close friends and family.
- You notice that you feel freer when you're not around your partner.



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- You notice that when your partner is around you feel tense and anxious.
- You tell yourself that if you just try harder and love your partner enough that everything will be just fine.
- You believe that if you could just change, things would get better.
- You find that over time the abuse gets worse.