



Signs of an Abusive Relationship

Most of us recognize an abusive relationship as one in which physical violence takes place. We may think of a dominant partner physically harming another who is weaker in terms of strength, size, or power within the relationship.

Abuse, however, runs deeper than physical damage. Unhealthy relationships can also involve psychological, emotional, and sexual violence, including threats, isolation, and intimidation. In the case of verbal and emotional abuse, the wounds are often not visible but can leave much deeper and long-lasting scars.

In all cases, the goal of the abuser is one of control. A relationship in which one party uses physical, verbal, or emotional harm to force cooperation and obedience is not healthy.

In an abusive relationship, your partner may:

- Keep track of you all the time.
- Put you down constantly.
- Become angry with you easily and often.
- Destroy your property.
- Make you feel afraid.
- Harm your pets as a way of scaring or hurting you.
- Accuse you of things you haven't done.
- Prevent you from spending time with friends or family.
- Threaten to hurt you or your children.
- Hit, punch, slap, kick, bite, or otherwise physically hurt you or your children.
- Force you to have sex against your will.

If you think you might be a victim of intimate partner violence, Life Solutions can help. Call the National Service Center at **1-800-647-3327**.