

## Thirteen Abusive Behaviours

- 1. Pushes for quick involvement:** Comes on strong, pressures a new partner for an exclusive commitment almost immediately.
- 2. Jealous:** Excessively possessive; calls constantly or visits unexpectedly. Prevents you from going to work because “you might meet someone”; checks the mileage on your car.
- 3. Controlling:** Interrogates you intensely (especially if you are late) about whom you talked to and where you were; keeps all the money; insists you ask permission to go anywhere or do anything.
- 4. Unrealistic expectations:** Expects you to be the perfect mate and meet his or her every need.
- 5. Isolation:** Tries to cut you off from family and friends; accuses people who support you of “causing trouble.” May deprive you of a phone or car, or try to prevent you from holding a job.
- 6. Blames others for problems or mistakes:** It’s always someone else’s fault if something goes wrong.
- 7. Makes others responsible for his or her feelings:** Says, “You make me angry,” instead of, “I am angry,” or says, “You are hurting me by not doing what I tell you.”
- 8. Hypersensitivity:** Is easily insulted, claiming hurt feelings. Rants about the injustice of things that are just part of life.
- 9. Cruelty to animals or children:** Punishes animals brutally, May expect children to do things far beyond their ability, or teases them until they cry.
- 10. Verbal abuse:** Constantly criticizes, degrades, curses, calls you ugly names. Could cause sleep deprivation and wake you with relentless verbal abuse.
- 11. Sudden mood swings:** Switches from sweet to violent in minutes.
- 12. Past battering:** Admits to hitting a mate in the past, but says the person “made” him or her do it.
- 13. Threats of violence:** Says things like, “I’ll break your neck” or “I’ll kill you,” then dismisses them with, “Everybody talks that way” or “I didn’t really mean it.”

