



## INDEPENDENCE HOUSE, INC.

Cape Cod's leading resource, counseling and advocacy center to address and prevent domestic and sexual violence.

*Promoting safe and healthy relationships*

160 Bassett Lane | Hyannis, MA 02601 | 508.771.6507 | FAX 508.778.0143 | TTY 508.771.6782  
24-Hr. Hotline 800.439.6507 | [independencehouse.org](http://independencehouse.org) | [independencehouseTEENS.org](http://independencehouseTEENS.org)

# 16 SIGNS YOUR PARTNER MIGHT BE AN ABUSER

1. He or she comes on fast and strong in the beginning. If it feels too good to be true, it just might be. Abusers tend to push for exclusivity right away.
2. He or she is exceedingly jealous, possessive with constant phone calls or text messages and unexpected visits to know where you are and what you are doing.
3. He or she is controlling, making you ask permission to do things and interrogates you when you are late, and controls your money.
4. He or she expects you to be perfect all of the time.
5. He or she isolates you from people you love, or your work, and may take away your phone or your car.
6. He or she never takes responsibility for his/her own problems or mistakes.
7. He or she is easily insulted.
8. He or she is cruel to you, your children, animals or other people.
9. He or she enjoys throwing you down, holding you down, or hurting you during sex.
10. He or she criticizes, degrades, or insults you.
11. He or she expects you to serve, obey, or stay at home.
12. He or she has sudden mood swings.
13. He or she has a history of abuse, was accused of, or admits to abusing someone in the past.
14. He or she makes violent threats such as "I'll kill you!", or "I'll break your neck", then says "I don't mean it" and dismisses it.
15. He or she forces or coerces you to have sex.
16. He or she uses your children to manipulate, control or hurt you.