



INDEPENDENCE HOUSE, INC.

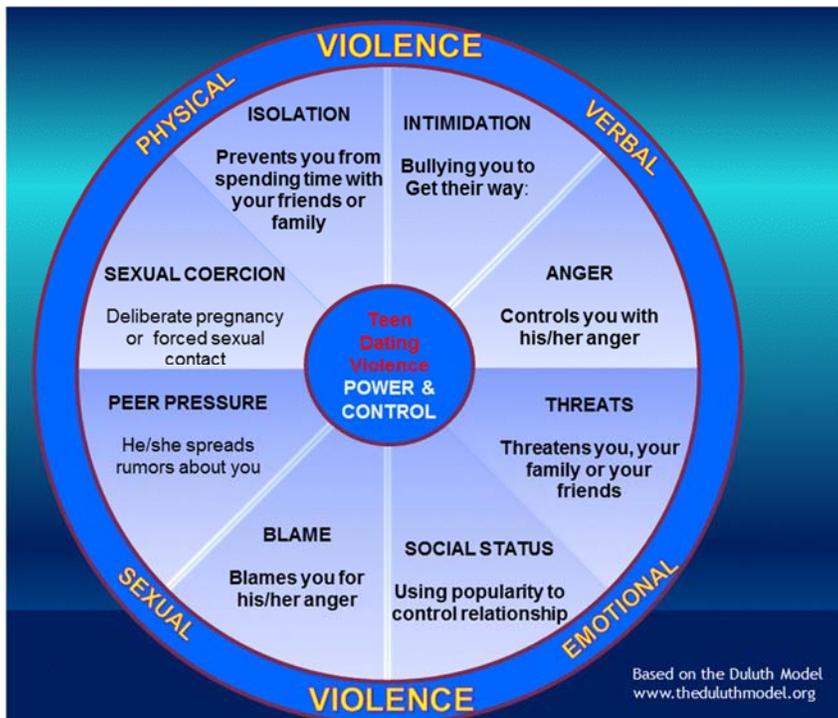
Cape Cod's leading resource, counseling and advocacy center to address and prevent domestic and sexual violence.

Promoting safe and healthy relationships

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24-Hr. Hotline 800.439.6507 | independencehouse.org | independencehouseTEENS.org

WARNING SIGNS OF ABUSE

Abuse happens over time and can be really hard to see at first. Typically, a relationship starts off as exciting and fun, and makes you happy. This is known as the Honeymoon Phase. In an abusive relationship, the next phase is called the Tension-Building Phase. This is where you know something isn't quite right and can feel the tension between you and your partner, but you're not sure what it is or why. Next comes an Explosion. This can be a physical attack, a verbal attack, a break up, or some type of retaliation. It is scary and hurtful, and it's common to feel very betrayed and confused after an explosion by your partner. Oftentimes, the abuser will then go back to the honeymoon, apologizing and telling you they will never do it again. They may blame it on stress or alcohol, and they might buy you gifts or say they can't live without you in their lives. This cycle is known as the Cycle of Violence, and is often so tough to break because of the hope that each honeymoon phase brings that things will go back to being good.



Ten Warning Signs of Abuse

1. Checking cell phones or email without permission
2. Constant put-downs
3. Extreme jealousy or insecurity
4. Explosive temper
5. Financial control
6. Isolating you from friends or family
7. Mood swings
8. Physically hurting you in any way
9. Possessiveness
10. Telling you what to do

If you have doubts about your relationship, or if any of the information you've read so far is raising red flags for you, chat with one of the Independence House Teen Counselors or call the Independence House Hotline (800-439-6507) to ask more questions.