

Warning signs that your relationship may be abusive:

- Partner is jealous and possessive towards you.
- Tries to control where you go and who you see. Isolates you from family and friends. Is so scary that you worry about how he/she will react to things you say or do.
- Has access to and/or an obsession with weapons. Makes threats of suicide.
- Ending of relationship is imminent. Perpetrator believes or knows victim is in a new relationship. Prior strangulation incidents.
- Threats to harm or kill victim or victim's loved ones including animals.
- Perpetrator is experiencing significant losses: loss of housing, employment, custody, recent death of someone close, perceived loss of control, and/or loss of coping mechanisms.
- History of drug/alcohol use/abuse.
- History of person-on-person violence. (Domestic violence or non-domestic violence). There are pending legal actions.
- Evidence of "parasitic or enmeshed" lifestyle: perpetrator is dependent on victim (emotionally, financially, physically and/or for social interaction/support).
- Indications of decomposition: perpetrator's life is spiraling downward, wants to see you "one last time", negative changes in perpetrator's activities and mental health.
- What to do if you may be in an abusive relationship:
 - Get help today. There are support groups, hotlines, therapists and walk in agencies that can help and provide resources.
 - Create a safety plan.
 - Consider obtaining a civil protection order.
 - Always dial 911 in an emergency and report abuse.
 - Abuse can be physical actions or emotional torment. Establish a safety plan if you are in, or planning to leave an abusive relationship. Please be aware that some safety planning options may not be best for you and your situation.