

Seven signs of an abusive relationship

It can be hard to tell if your partner or ex-partner is behaving in an abusive way.

Here are 7 warning signs to look for:

1. Your partner insults or humiliates you, does not consider your feelings, and says you are imagining things or overreacting
2. Your partner acts very jealous or possessive, or accuses you of cheating
3. Your partner does not let you see or talk to your family or friends
4. Your partner limits your access to money, the car, or a phone and social media
5. Your partner stops you from going to school or finding a job, or harasses you while you are working
6. Your partner does not give up control in any aspect of your life, including the use of contraceptives or the decision if/when to have children
7. Your partner hurts or threatens to hurt you, your children, pets, or themselves



You are not alone. Safe+Sound Somerset is here to support you with everything from safety planning to safe shelter. To speak with a trained advocate, call or text us 24/7 at:
866.685.1122

Services are provided at no charge in a confidential, trauma-informed and culturally sensitive environment. For information and resources, visit www.safe-sound.org.