

15 Signs Someone Might Be Dangerous

Do they do one or more of these things? Then it's time to get help or get out.

- 1 Wants to get involved fast:** Right away he wants you to promise to only be with him. Says, *"No one's ever loved me like you do."*
- 2 Jealous:** He wants to make sure you aren't with anyone else; calls all the time, or shows up without telling you he's coming.
- 3 Wants to control you:** Wants to know who you talked to and where you were; checks mileage on your car; keeps all the money; makes you ask for his OK to go anywhere or do anything.
- 4 Expects you to be perfect:** He expects you to know what he wants and meet his every need.
- 5 Cuts you off from others:** Doesn't want you to see family and friends; won't let you have a phone or car; doesn't want you to work.
- 6 Blames others for problems:** If anything goes wrong, it's always someone else's fault -- the boss, you. Everyone is out to get him.
- 7 Blames others for his feelings:** He says, *"You're hurting me by not doing what I tell you"* or *"You make me mad"* instead of *"I'm mad."*
- 8 Gets upset easily:** He gets mad about things that are just part of life.
- 9 Hurts animals and children:** Kills or punishes animals. Wants children to do things they can't, or teases them until they cry.
- 10 Uses force during sex:** Enjoys throwing you down or holding you down against your will during sex; says he finds the idea of rape exciting.
- 11 Says things to hurt you:** Always criticizes you or says cruel things; puts you down, curses, calls you ugly names.
- 12 Thinks women should obey men:** Wants you to serve, obey and stay at home.
- 13 Sudden changes in mood:** Switches from sweet and loving to mad in a few minutes.
- 14 Has hit women before:** Says he hit women in the past.
- 15 Says he will hurt you:** Says things like *"I'll break your neck,"* then says *"I didn't really mean it."*

**Don't wait until you get hurt!
Get help or get out.**

Adapted from the Project for Victims of Family Violence, Fayetteville, Arkansas

You can get help from:

Legal Aid Society of Middle Tennessee 1-800-238-1443

It's a free call. Se habla Español.

National Hotline 1-800-799-SAFE (7233) or 1-800-787-3224 (TTY)

Tennessee Legal Aid/ Legal Services Offices

Legal Aid Society

of Middle Tennessee and the Cumberland

1-800-238-1443

**Offices in Clarksville, Columbia, Cookeville,
Gallatin, Murfreesboro, Nashville, Oak Ridge, and
Tulahoma**

West Tennessee Legal Services

Jackson Office 1-800-372-8346

Dyersburg Office (731) 285-8181

Huntingdon Office (731) 986-8975

Selmer Office (731) 645-7961

Memphis Area Legal Services

Memphis Office 1-888-207-6386

Covington Office (901) 476-1808

Legal Aid of East Tennessee

Knoxville Office (865) 637-0484

Johnson City Office 1-800-321-5561

Kingsport Office 1-800-821-1309

Chattanooga Office 1-800-572-7457

Cleveland Office 1-800-445-3219