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.

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)

Adapted from the Project for Victims of Family Violence, Fayetteville, Arkansas
Tennessee Legal Aid/
Legal Services Offices

Legal Aid Society
of Middle Tennessee and the Cumberlands
1-800-238-1443
Offices in Clarksville, Columbia, Cookeville,
Gallatin, Murfreesboro, Nashville, Oak Ridge, and
Tullahoma

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