



## 15 Signs Someone Might Be Dangerous

Does your partner do one or more of these things?  
It's time to get help or get out if he or she-

**1. Wants to get involved quickly:** Right away, wants you to promise to only ever be with him or her. Says things like “No one’s ever loved me like you do.”

**2. Jealous: Wants to make sure you aren’t with anyone else;** calls you all the time or shows up without telling you he or she is coming; accuses you of having an affair.

**3. Tries to control you:** Wants to know who you talked to or where you were; checks the mileage on your car or monitors your social media; tells you what to wear or how you should look; keeps all your money or makes you ask permission to go anywhere or do anything.

**4. Expects you to be perfect:** Expects you to predict and meet all of his or her needs.

**5. Cuts you off from others:** Doesn’t want you to see family or friends; won’t let you have access to a phone, a car, or social media; doesn’t want you to work; embarrasses you in front of others.

**6. Stops you from caring for yourself:** Prevents you from getting enough sleep or eating enough food; prohibits you from attending appointments.

**7. Blames you or others for his or her problems:** Assigns fault to someone else when anything goes wrong; believes everyone is out to get them.

**8. Blames you or others for his or her feelings:** Says things like “You’re hurting me by not doing what I tell you,” or “You make me mad.”

**9. Sudden and severe mood swings:** Gets upset easily or about things that are just part of life; switches from sweet and loving to made in just moments; throws things or punches walls when angry.

**10. Hurts animals or children:** Kills or violently punishes animals; asks children to do things they aren’t able to do or teases them until they cry.

**11. Uses force or coercion during sex:** Forces you to have sex; Enjoys holding or throwing you down against your will during sex; finds the idea of rape exciting; refuses to use condoms against your will or controls your use of birth control.

**12. Says things to hurt you:** Always criticizes you or says cruel things; puts you down, yells or curses at you, or calls you ugly names.

**13. Thinks you should obey him or her:** Wants you to serve, obey, and stay home.

**14. Has hit former partners:** Admits to having hit or abused past partners.

**15. Threatens to hurt you:** Says things like “I’ll break your neck,” then says “I didn’t really mean it.”



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