



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.”



The opinions, findings, and conclusions or recommendations expressed in this publication / program / exhibition are those of the author(s) and do not necessarily reflect the views of the Department of Justice, Office of Justice Programs, Office for Victims of Crime, or the State of Tennessee Office of Criminal Justice.

This project was supported by Award No 2015-VA-GX-0018 and 2016-VA-GX-0053 awarded by the Office for Victims of Crime, Office of Justice Programs, U.S. Department of Justice through the Tennessee Office of Criminal Justice Programs Revised 6/30/20