



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 they-

1. Want to get involved quickly: Right away, they want you to promise to only ever be with them. They say things like “No one’s ever loved me like you do.”

2. Act Jealous: Makes sure you aren’t with anyone else; they call you all the time or shows up without telling you they are coming; accuses you of having an affair.

3. Try to control you: They want 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. Expect you to be perfect: Expects you to predict and meet all of their needs.

5. Cut 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. Stop you from caring for yourself: Prevents you from getting enough sleep or eating enough food; prohibits you from attending appointments.

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

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

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

10. Hurt 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. Use 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. Say 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. Think you should obey them: Wants you to serve, obey, and stay home.

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

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



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