

DOMESTIC VIOLENCE: THE WARNING LIST

THIS LIST CAN HELP YOU RECOGNIZE IF YOU OR SOMEONE YOU KNOW IS IN A VIOLENT RELATIONSHIP.
CHECK OFF THOSE BEHAVIORS THAT APPLY TO THE RELATIONSHIP.
THE MORE CHECKS ON THE PAGE, THE MORE DANGEROUS THE SITUATION MAY BE.

VERBAL ABUSE

Name calling, Mocking, Accusing, Yelling, Blaming, Swearing, Making humiliating remarks or gestures

PRESSURE TACTICS

Rushing you to make decisions through Guilt, Sulking and Intimidation, Threatening to withhold money, Manipulating the children

ABUSING AUTHORITY

Always claiming to be right, Insisting statements are "the truth", Telling you what to do, Making "big" decisions, Using logic

DISRESPECT

Interrupting, Not listening or responding, Twisting your words, Putting you down in front of other people, Saying bad things about your friends & family

BREAKING PROMISES

Not following through on agreements
Not taking a fair share of responsibility
Refusing to help with childcare or housework

EMOTIONAL WITHHOLDING

Not expressing feelings, Not giving support, attention or compliments, Not respecting feelings, rights or opinions

MINIMIZING, DENYING AND BLAMING

Making light of his behavior, Not taking your concerns about abuse seriously, Saying the abuse didn't happen, Shifting responsibility for his behavior by saying you caused it

ECONOMIC CONTROL

Interfering with your work, Not letting You work, Refusing to give you money, Taking your money, Not allowing use of the car

SELF-DESTRUCTIVE BEHAVIOR

Abusing drugs or alcohol, Threatening suicide or self-harm, Deliberately doing things that will have negative consequences (telling off his boss, etc...)

ABUSING TRUST

Lying, Withholding information, Cheating on you, Being overly jealous

ISOLATION

Preventing you from seeing friends or relatives, Monitoring phone calls
Telling you where you can and can't go

HARASSMENT

Making uninvited visits or calls, Following you, Checking up on you, Embarrassing you in public, Refusing to leave when asked

INTIMIDATION

Making angry or threatening gestures, Using physical size to intimidate, Out-Shouting you Driving recklessly

DESTRUCTION

Destroying your possessions, Punching walls, Throwing/Breaking things

SEXUAL VIOLENCE

Using force, threats or coercion to obtain sex, Degrading treatment based on sex

PHYSICAL VIOLENCE

Being violent to you, your children, your pets, Slapping, Punching, Grabbing, Shoving, Hitting, Kicking, Choking, Biting, Burning or Stabbing

WEAPONS

Use of weapons, Keeping weapons around which frighten you, Threatening or attempting to kill you or those you love

Remember, help is available if you are in a domestic violence situation. Local agencies like West Tennessee Legal Services, and Wo/Men's Resource and Rape Assistance (WRAP) are there to help victims overcome the problems that affect family stability and safety. Contact information is on the back page.