

SIGNS OF DOMESTIC VIOLENCE

Has he, she, them, or they:

- Embarrass you with put-downs?
- Always with you wherever you go?
- Tell you what clothes to wear?
- Threaten you for talking back or giving your opinion?
- Never allow you to go anywhere alone?
- Threaten to leave you because you don't do what was asked?
- Calls you or have you to call whenever you are out constantly?
- Tells you how long you can be out?
- Wants to know everyone you talk to?
- Monitors your phone and computer?
- Look at you or act in ways that scare you?
- Control what you do, who you see or talk to, or where you go?
- Stop you from seeing your friends or family members?
- Take your money or paycheck, make you ask for money, or refuse to give you money?
- Make all of the decisions?
- Tell you that you're a bad parent or threaten to take away or hurt your children?
- Threaten to commit suicide?
- Prevent you from working or going to school?
- Act like the abuse is no big deal or is your fault, or even deny doing it?
- Destroy your property or threaten to kill your pets?
- Intimidate you with guns, knives, or other weapons?
- Shove you, slap you, choke you, or hit you?
- Threaten to kill you?
- Gaslighting - To gaslight someone means to manipulate another person into doubting their own perceptions, experiences or understanding of events. There are four (4) types of gaslighting: Outright lying, manipulation of reality, scaegoating, and coercion.