



21 Signs of an Abuser

1. Was or is abused by a parent?
2. Grew up in a home where an adult was abused by another adult?
3. Gets very serious with boyfriends/girlfriends very quickly – saying “I love you” very early in the relationship, wanting to move in together or get engaged after only a few months, or pressuring partner for a serious commitment?
4. Comes on very strong, is extremely charming and an overly smooth talker?
5. Is extremely jealous?
6. Isolates partner from support systems – wants partner all to themselves, and tries to keep partner from friends, family, or outside activities?
7. Attempts to control what partner wears, what s/he does or who s/he sees?
8. Is abusive toward other people, especially mother or sisters if he is male?
9. Blames others for one’s own misbehavior or failures?
10. Abuses drugs or alcohol?
11. Has unrealistic expectations, like expecting partner to meet all of one’s needs and be the perfect partner?
12. Is overly sensitive – acts ‘hurt’ when not getting one’s way, takes offense when others disagree with an opinion, gets very upset at small inconveniences that are just a normal part of life?
13. Has ever been cruel to animals?
14. Has ever abused children?
15. Has ever hit a boyfriend or girlfriend in the past?
16. Has ever threatened violence, even if it wasn’t a ‘serious’ threat?
17. Calls partner names, puts him/her down, or curses at him/her?
18. Is extremely moody, and switches quickly from being very nice to exploding in anger?
19. If a male, believes women are inferior to men and should obey them?
20. Is intimidating, for example, using threatening body language, punching walls, or breaking objects?
21. Holds partner against his/her will to keep him/her from walking away or leaving the room?