

Signs That Might Indicate Abuse in Your Relationship - and How to Fix Them



If you're in an abusive relationship, it's challenging to see the signs. **Abuse can come in many forms, and often abusers will try to hide their behavior from friends and family.**

However, some signs might show abuse is happening. This article will discuss some of the most common

signs of abuse. If any of these things sound familiar, please reach out for help! You are not alone.

Here are some signs that might show that you are in an abusive relationship:

1. **If your partner is always asking who you're with, this might be a sign of emotional abuse.** It is called "monitoring," and it's a way for abusers to control their victim's behavior.
2. **If your partner constantly puts you down or makes fun of you in public, they might abuse their power.** It is "humiliating," and it's a way for abusers to make their victims feel small and powerless.
3. **If your partner tries to isolate you from friends and family, this could be a sign of abuse.** It is "isolating," and it's a way for abusers to control who their victims see and talk to.
4. **If your partner is excessively possessive or jealous, you might be in an abusive relationship.** This type of behavior is "possessiveness," and it's a way for abusers to control their victim's behavior.
5. **If your partner has ever hit or threatened to hit you, this is unacceptable, and you could deal with an abusive partner.** When your partner hits or threatens to harm you, it's a surefire sign of physical and emotional abuse.

6. **Abusers often use fear and blame to control their victims.** If you're in an abusive relationship, it's important to remember that no one deserves to be abused.

You are not responsible for your partner's behavior. If any of these signs sound familiar, please reach out for help! Many resources are available to help you get out of an abusive situation. You are not alone.

Here are some tips to help you if you are in an abusive relationship:

1. **Only talk to someone you trust.** Talking to a close friend of the perpetrator is not a good idea. Your safety is the most important thing. **Discuss your situation with a social worker or occupational therapist if you fear talking to friends and family.**
2. **Create a safety plan.** If you're in danger, it's important to have a plan to get out of the situation safely. It might include having a safe place to go, packing a bag ahead of time, or telling someone you trust what's going on.
3. **Get help from a domestic violence shelter.** If you're in immediate danger, call 911 or get to a safe place away from your abuser. There are also many domestic violence helplines and organizations that can help you with resources and support.
 - The National Domestic Violence Hotline (NDVH) can provide you with all the help you need if you are in a dangerous domestic situation.
 - **You deserve to be safe and happy.** If you're in an abusive relationship, please reach out for help! Many people care about you and want to help. Remember, you are not alone.

If you are in an abusive relationship, it is important to reach out for help. You deserve to be safe and happy. Remember, you are not alone. If you or someone you know is in an abusive relationship, please call the National Domestic Violence Hotline at (800)799-SAFE (733).

If you think you might be in an abusive relationship, but you're not sure, talk to an experienced advisor at the Domestic Violence helpline. They can help you identify the signs of abuse.