

Warning Signs

Being able to tell the difference between healthy, unhealthy and abusive relationships can be more difficult than you would think. No two relationships are the same, so what's unhealthy in one relationship may be abusive in another. Although there are many signs to pay attention to in a relationship, look for these common warning signs of dating abuse:

Checking cell phones, emails or social networks without permission

Extreme jealousy or insecurity

Constant belittling or put-downs

Explosive temper

Isolation from family and friends

Making false accusations

Constant mood swings towards you

Physically inflicting pain or hurt in any way

Possessiveness

Telling someone what to do

Repeatedly pressuring someone to have sex