

Recognizing the Warning Signs of Domestic Violence and Abuse

There are telltale signs and symptoms of emotional abuse and domestic violence. If you witness any warning signs of abuse in a friend, family member, co-worker or your own relationship take them very seriously.

General Warning Signs

People who are being abused may:

- Seem afraid or anxious to please their partner.
- Go along with everything their partner says.
- Check in often with their partner to report where they are and what they're doing.
- Receive frequent, harassing phone calls from their partner.
- Talk about their partner's temper, jealousy, or possessiveness.

Warning Signs of Physical Violence

People who are being abused may:

- Have frequent injuries, with the excuse of "accidents."
- Frequently miss work, school, or social occasions without explanation.
- Dress in clothing designed to hide scars or bruises (e.g. wearing long sleeves in the summer or sunglasses indoors)



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Warning Signs of Isolation

People being isolated by an abuser may:

- Be restricted from seeing family and friends.
- Rarely go out in public without their partner.
- Have limited access to money, credit cards, or the car.

The Psychological Signs of Abuse

People who are being abused may:

- Have very low self-esteem, even if they used to be confident.
- Show major personality changes (e.g. an outgoing person becomes withdrawn)
- Be depressed, anxious, or suicidal.

If you suspect that someone you know is being abused, speak up! If you're hesitating, keep in mind that expressing your concern shows you care and may even save a life.

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