



# 21 Warning Signs

## ... of a Violent Person

**Following are some common signs that a person is or may turn out to be violent toward his or her intimate partner. Answering yes to one or two questions below does not necessarily mean a person has a pattern of abuse. However, if any of the questions below are true about you or your partner, you should be cautious about proceeding with the relationship and be sure to address those issues right away, preferably with the help of a counselor.**

**AM I / IS MY PARTNER A PERSON WHO...**

**TRUE of ME**

**TRUE of  
MY PARTNER**

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

\* Numbers 20 and 21 do not indicate a person will be abusive. The majority of children who grow up in abusive homes choose not to be abusive as adults. However, these children still have a *higher* likelihood than *other* children of growing up to be involved in abusive relationships. These factors should be