



Concerning Characteristics and Behaviors:

1. Your partner has a history of growing up in a violent family or a setting where they learned that violence is normal behavior.
2. Your partner has a tendency to use force or violence to try to solve problems- as indicated by behavior such as a quick temper or tendency to overreact to minor frustrations, fighting, destructive behavior when angry and/or cruelty to animals.
3. Your partner has a poor opinion of themselves.
4. Your partner often exhibits jealousy, not only of other suitors but of friends and family members.
5. Amongst men who are in relationships with women (transgender, cisgender or otherwise)—the male partner exhibits hyper-masculine behavior- he feels he should make all the decisions, tell you what your role as a ‘woman’ and his as a ‘man’ must be. He has very traditional ideas about appropriate roles and behaviors of men and women, and thinks women are second-class citizens. He expects you to follow his orders and advice and may become angry if you can’t read his mind and anticipate what he wants. This can also play out in same-sex relationships in which one partner is more ‘butch’ or ‘femme’ than the other; your partner may demand that rigid sex roles be played out, your partner may also be controlling of your gender expression.
6. Your partner isolates you by telling you who you may see or talk to, controls what you do and where you go and even what you read; they keep tabs on your every move and wants you with them all the time.
7. Your partner intimidates you and makes you afraid through looks, anger, actions, and displays of weapons or gestures. They may destroy your property or abuse your pets. Your partner may enjoy playing with lethal weapons and threatens to use them against those they feel wronged them. You do what your partner wants you to do and constantly work to keep them from getting angry.
8. Your partner portrays “Jekyll and Hyde” behavior, going through highs and lows, as though they are two different people, swinging from extremely kind to extremely cruel.
9. Your partner threatens violence or suicide during fights or if you ever leave them.
10. They treat you roughly, and physically forces you to do things you do not want to do.

11. They prevent you from getting or keeping a job, controlling all the money in the household, making you ask for money, or concealing their own income.
12. They have battered or stalked a partner in a prior relationship and/or has a history of police encounters for assault, battery, threats, or stalking.
13. Your partner tries to inappropriately accelerate your relationship, prematurely discussing marriage or other commitments.
14. They can't accept rejection, resist change or compromise, and are generally inflexible.
15. They are not just devoted, but obsessed with you spending a disproportionate amount of time talking about, watching, or following you. Your partner derives much of their identity from being your partner.
16. They are paranoid, believing that others are out to get them, and projects strong emotional feelings such as hate or jealousy onto others when there is no evidence that would lead a reasonable person to perceive such emotions.
17. They are usually moody, sullen, depressed, or angry about something.
18. They try to enlist your friends and family in their own campaign to keep you with them or get you back if you have left.
19. Perhaps most important of all: If you have an intuitive feeling that you are at risk from this person, if you fear they might intentionally harm you, listen to your own instincts.

Adapted from the Domestic Violence Sourcebook, 3rd Edition. Berry