

## **Red Flags**

Abusive relationships don't often start out that way. Often there are early warning signs, or *red flags*, that show us the relationship is unhealthy and could get worse. Some red flags include:

- Pressuring you into committing quickly
  - Wanting to know where you are all the time
  - Regularly putting you down

 Isolating you by controlling who you see and talk to

 Controlling you by making decisions for you

## Challenges

It can be difficult to spot red flags when we have our 'love goggles' on. We make excuses for our partner because we want to see the best in them. Manipulative behaviour can leave us feeling like we are the problem, or if we have become isolated, we might feel like we have no one to turn to for help.

- Expecting you to spend all your time with them
- Becoming very jealous or accusing you of cheating
- Using physical force, intimidating behaviours or making threats
- Being very 'hot and cold' toward you
- Always blaming others for their problems/not taking any responsibility

## What can I do?

If there are red flags but you are safe, you can talk to your partner about your concerns. If the red flags are abusive or dangerous it's important to seek help. It might be time to consider ending the relationship if the red flags are reoccurring and your partner is unwilling to make changes.

