

Characteristics of Abusers

- (1) Pushes for quick involvement:** Comes on strong, claiming, "I've never felt loved like this by anyone." An abuser pressures the new partner for an exclusive commitment almost immediately.
- (2) Jealousy:** Excessively possessive; calls constantly or visits unexpectedly; prevents you from going to work because "you might meet someone"; checks the mileage on your car.
- (3) Controlling:** Interrogates you intensely (especially if you're late) about whom you talked to and where you were; keeps all the money; insists you ask permission to go anywhere or do anything.
- (4) Unrealistic expectations:** Expects you to be the perfect woman and meet his every need.
- (5) Isolation:** Tries to cut you off from family and friends; accuses people who are your supporters of "causing trouble"; the abuser may deprive you of a phone or car or try to prevent you from holding a job.
- (6) Blames others for problems and mistakes:** It's always someone else's fault if anything goes wrong.
- (7) Makes everyone else responsible for his or her feelings:** The abuser says, "You make me angry" instead of, "I am angry."
- (8) Hypersensitivity:** Is easily insulted, claiming hurt feelings when he or she is really mad. Rants about the injustice of things that are just part of life.
- (9) Cruelty to animals and to children:** Kills or punishes animals brutally. Also, may expect children to do things that are far beyond their ability (whips a 3-year-old for wetting a diaper) or may tease them until they cry. Sixty-five percent of abusers who beat their partner will also abuse children.
- (10) "Playful" use of force during sex:** Enjoys throwing you down or holding you down against your will during sex; finds the idea of rape exciting.

(11) Verbal abuse: Constantly criticizes you, or says blatantly cruel things; degrades, curses, calls you ugly names. This may also involve sleep deprivation, waking you up with relentless verbal abuse.

(12) Rigid gender roles: Expects you to serve, obey and remain at home.

(13) Sudden mood swings: Switches from sweet to violent in a matter of minutes.

(14) Past battering: Admits to hitting a mate in the past, but says they made him (or her) do it.

(15) Threats of violence: Says things like, "I'll break your neck" or "I'll kill you," and then dismisses them with, "Everybody talks that way" or "I didn't really mean it."

SafeNet Hotline 454-8161