

# **TEN WARNING SIGNS OF AN ABUSIVE RELATIONSHIP**

What would you do if you thought your friend was in an abusive relationship? Many times, violence in a relationship takes place when the couple is alone. You might not see dramatic warning signs like black eyes or broken bones. So how can you tell for sure? For one thing, listen to your instincts. You probably wouldn't be worried without good reason. Here are some signs to look for that might mean your friend is in an unhealthy relationship and needs your help:

1. Name calling and putting one another down in front of other people.
2. Acting jealous when the other talks innocently to other people.
3. Making excuses and apologizing for the other's behavior.
4. Canceling plans at the last minute with excuses that sound lame – all because one party doesn't want the other to have friends outside of the relationship.
5. Frequently calling, texting and checking up on each other, and always wanting to know who else the other person is with.
6. Displaying an explosive personality by losing one's temper easily, often breaking or hitting things when he/she is mad.
7. Constantly worries that by going out with friends they might be making the other person in the relationship angry or upset.
8. Stops spending time with friends and gives up activities that used to be important, so that she/ he becomes more isolated.
9. Dramatic changes, such as weight, appearance and grades, start to occur. These could also be signs of depression, which in turn may indicate abuse.
10. Injuries, even large bruises, that can't be explained or that have lame excuses associated with them.

