Ten Warning Signs of an Abusive Relationship

1. INTIMIDATION
   Making someone afraid by using looks, actions, or gestures. Smashing things, abusing pets, or displaying weapons.

2. MINIMIZATION
   Making light of the abuse and not taking concerns about it seriously.

3. DENIAL AND BLAME
   Saying the abuse didn’t happen and shifting responsibility for abusive behavior.

4. THREATS
   Making and carrying out threats to hurt someone. Threatening to leave, to commit suicide, or to report her/him to the police.

5. SEXUAL COERCION
   Manipulating or making threats to get sex. Getting someone drunk or drugged to get sex.

6. ISOLATION
   Controlling what another person does, reads, who they talk to, and/or where they go.

7. JEALOUSY
   Using jealousy to justify actions.

8. HUMILIATION
   Threatening to expose someone’s weakness or spread rumors. Telling malicious lies about a person.

9. EMOTIONAL
   Making someone feel bad about themselves, calling them names, or making them feel guilty for something they think they are crazy or feel about themselves, calling making someone feel bad.

10. USING SOCIAL STATUS
    Treating someone like a servant. Making all the decisions. Being the one to define how a woman should act and how a man should act.

For more info visit www.health.utah.gov/vipp

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Abusive Relationship

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Violence & Injury Prevention Program