How Do You Know If You Are in an Unsafe Relationship?

An unsafe and exploitative relationship can be very dangerous for you. Here are five checklists featuring warning signs that may help you identify if you are in an unsafe relationship. If you are experiencing some of these warning signs, seek help from a professional organization that works with people in domestic and family violence situations.

**Control**
- The person may try to control everything you do. At first they may seem charming and say all the right things, but as time goes on, they try to control your life; they want to know what you are doing and/or who you are with at anytime of the day or night.
- They may control yours or the household money.
- They may stalk you physically and/or by phone and/or on social media.
- They gradually start deciding who you should mix with, where you should go, who you should speak to, what you should wear, etc.
- They may be jealous of your relationship with family and friends, and try to turn you away from them.
- They may refuse to talk to you about your relationship or important issues, for example, family.
- They do not trust you and you do not trust them.
- They may also threaten to harm themselves if you do not do what they tell you to. They may say you are imagining it and may threaten to harm or kill you.
- They may threaten to harm or make fun of and/or make fun of you.
- They may make fun of and/or are critical of your body, how you look and/or how you dress.
- They may share details of your personal relationship with friends in a harmful manner and character shame you.

**Abuse**
- The person may physically hit and/or kick you and/or threaten to harm or kill you.
- They may threaten to harm or make fun of and/or make fun of you.
- They may say they only value you for one thing; that might be your looks or ability to make money.
- They do not value your emotions or feelings. They only abuse you and/or make fun of you if you are anxious, scared and/or sad.
- The person does not make you feel good about yourself, and you do not value yourself ever since you have been in the relationship.
- They may expect you to do all the work and they do very little.
- They may say that women are not equal to men and that you are a lesser person.
- They may treat you as a lesser person and unequal to them in status in the community and/or family.
- They may say that they are much more powerful and stronger than you, and that you are a weak and useless person.
- They may shy away from intimate conversations or situations.

**Inequality**
- They may make you feel lonely and isolated.
- They are often not interested in meeting your friends and family.
- They are often not interested in your work or projects.
- They may say they only value you for one thing.
- They don’t value your emotions or feelings. They only abuse you and/or make fun of you if you are anxious, scared and/or sad.
- They may threaten to harm or kill you.
- They may say you are imagining it and may threaten to harm themselves if you don’t do what they tell you to.

**Value**
- They may make you feel lonely and isolated.
- They are often not interested in meeting your friends and family.
- They may make you feel anxious, scared and/or sad.
- They may say they only value you for one thing.
- They don’t value your emotions or feelings. They only abuse you and/or make fun of you if you are anxious, scared and/or sad.
- They may threaten to harm or kill you.
- They may say you are imagining it and may threaten to harm themselves if you don’t do what they tell you to.